

Walking & Rolling Safety



Day 1

Today's Topics



Active transportation & public spaces



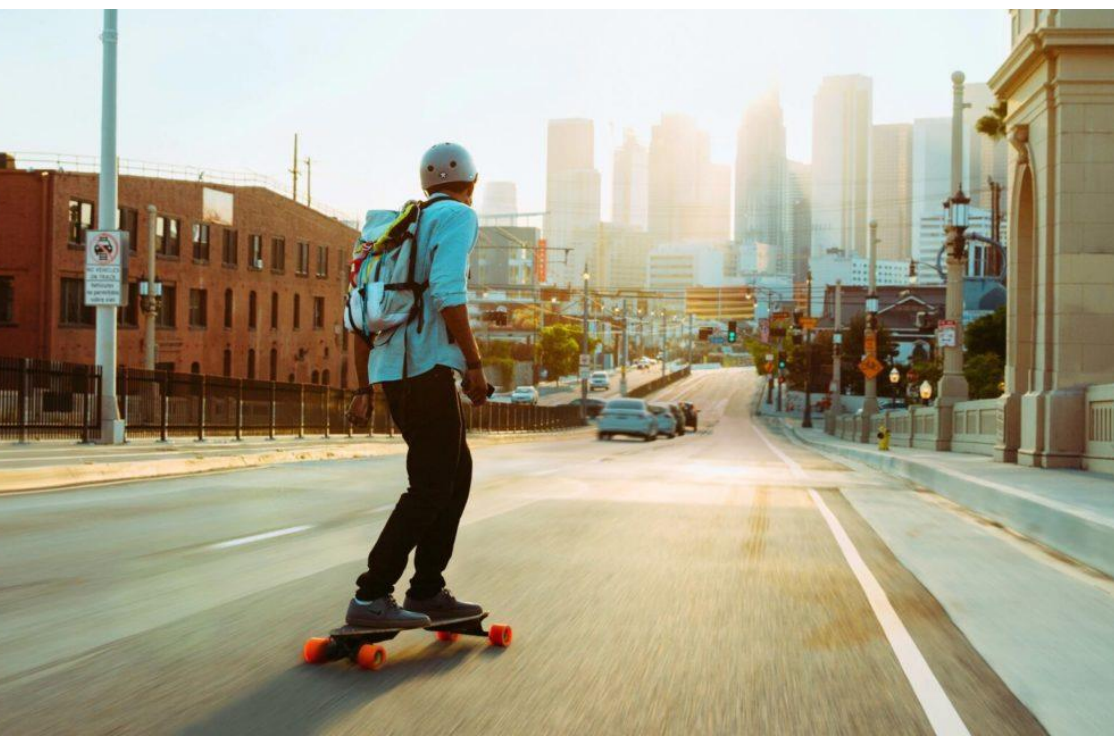
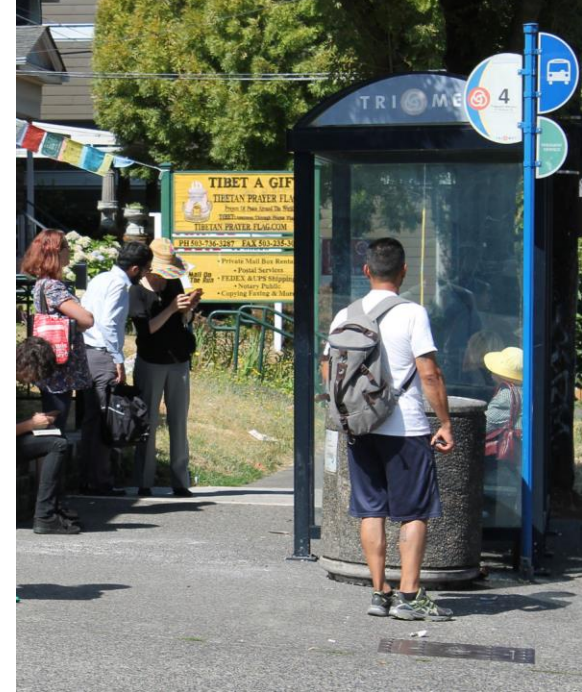
Different types of safety



Tools for your personal security



What is Active Transportation?

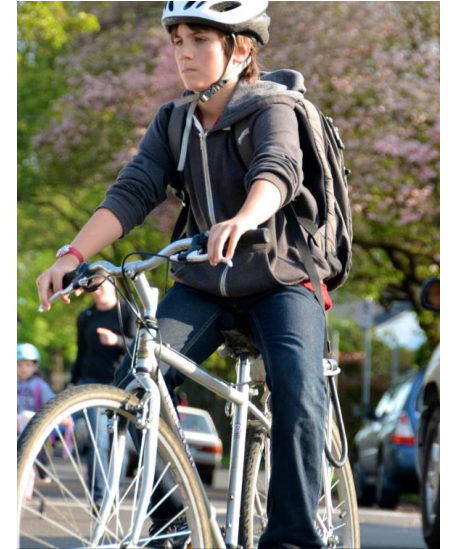
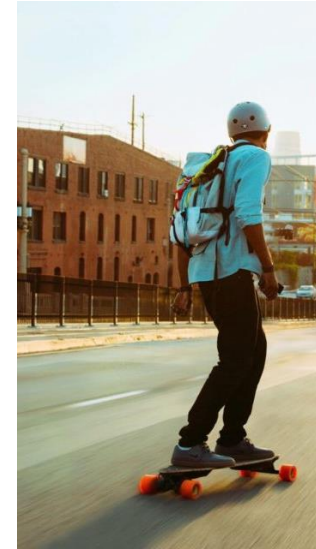




Walking



Walking/Rolling



Rolling

What is public space?



TRANSIT STOPS



STREETS



PARKS



ON TRANSIT



SIDEWALKS

The Principles of Active Transportation

Aware

having knowledge or perception of a situation or fact

Legal

following the law

Predictable

behaving in a way that is expected

Assertive

having or showing bold or confident statements & behavior

Courteous

polite, respectful, or considerate in manner

Able to be seen (Visible!!)

The Principles of Active Transportation



ALPACA!



**Able to
be seen**

Be visible!



Different types of safety

Traffic laws



Society's code of conduct for using our right-of-way

Personal security



Person-to-person interactions when navigating public spaces

Environment



Interacting with vehicles & street infrastructure

Tools for your personal security



How do you communicate (verbally and non-verbally) when confronted with an unsafe situation?

PASSIVE

Accepting or allowing what happens or what others do, without active response or resistance

AGGRESSIVE

Ready or likely to attack or confront; pursuing one's interests forcefully

ASSERTIVE

Having or showing bold or confident statements and behavior



PASSIVE

- What does passive look like?
- What are risks of being passive?
- What are the benefits?

Accepting or allowing what happens or what others do, without active response or resistance



AGGRESSIVE



- What does aggressive look like?
- What are risks of being aggressive?
- What are some benefits?

Ready or likely to attack or confront; pursuing one's interests forcefully

I don't like this. I wish it wasn't happening.



PASSIVE

Not doing anything

RISKS

- Someone crossing a boundary won't stop
- They won't know you want them to stop
- Can show you are an "easy target"

BENEFITS

- Can feel more comfortable or natural
- If you don't respond, they might feel ignored and leave you alone



AGGRESSIVE

Responding forcefully or with anger, "bigger" than the unsafe behavior

RISKS

- Can escalate a situation
- Can incite violence
- Reduces your awareness of the situation

BENEFITS

- Can show you are not an "easy target"



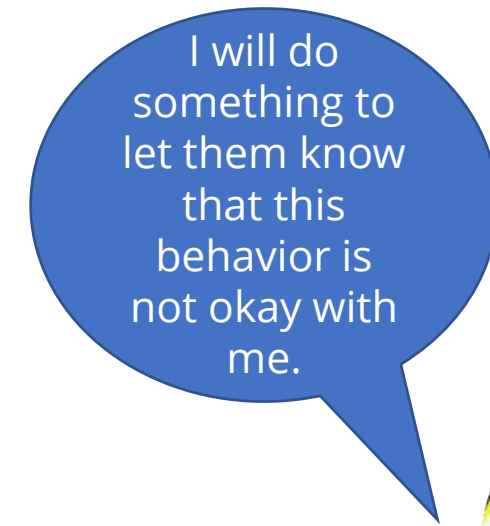
ASSERTIVE

- **What does assertive look like?**
- **What are risks of being assertive?**
- **What are some benefits?**

Having or showing confident statements and behavior



ASSERTIVE



RISKS

- **Might feel uncomfortable, unnatural, or not “like you”**

BENEFITS

- **You are communicating clearly**
- **You are maintaining your confidence**
- **You are self-aware**
- **You are aware of the situation: People and environment around you**
- **Show you are not an easy target**

**What response makes
you feel most powerful?**



Feeling powerful when
aggressive

vs.



Feeling powerful
when assertive

I don't like this. I wish it wasn't happening.



PASSIVE

Not doing anything

I do something to let them know that this behavior is not okay with me.



ASSERTIVE

Taking action based on the situation

AGGRESSIVE

Responding forcefully or with anger, "bigger" than the unsafe behavior



Depending on the situation – "match the energy"

- Remove yourself from the unsafe behavior
- Address the unsafe behavior directly
- Ask for help / find allies / make a scene

Assertive communication can help you stay confident, calm, strong and relaxed.

3 steps of **ASSERTIVE** communication

Step 1: NAME IT

What is the problem?

Name what behavior you find unsafe

Step 2: FRAME IT

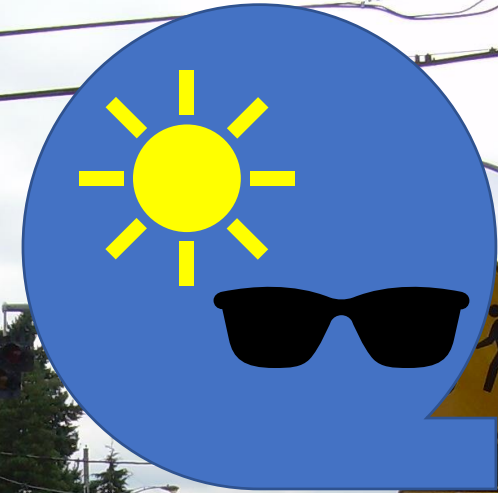
Why is it a problem?

Use "I" statements to say what you don't like

Step 3: CHANGE IT!

What do you want them to do differently?

In clear words, tell the person how you want them to change the behavior



On the Bus!

Practicing **assertiveness** with strangers in public spaces

Scenario 1

- Tool: Remove yourself from the situation
- Risks + Benefits

Scenario 2

- Tool: 3-Step method for assertive communication
- Risks + Benefits

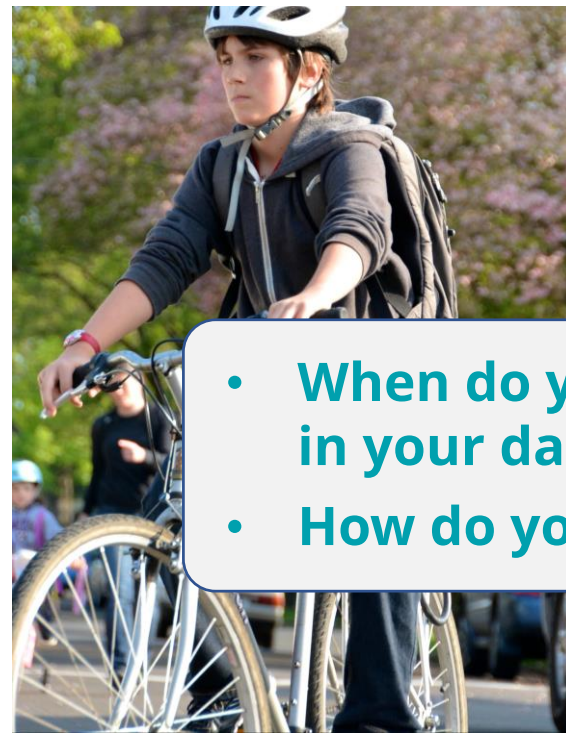
Scenario 3

- Tool: Make a scene!
- Risks + Benefits





Reflection



- When do you use active transportation in your daily life?
- How do you keep yourself safe?

Walking & Taking Transit



Day 2



Today's Topics



Benefits of active transportation



We are all pedestrians!



Crosswalk laws & tips for success



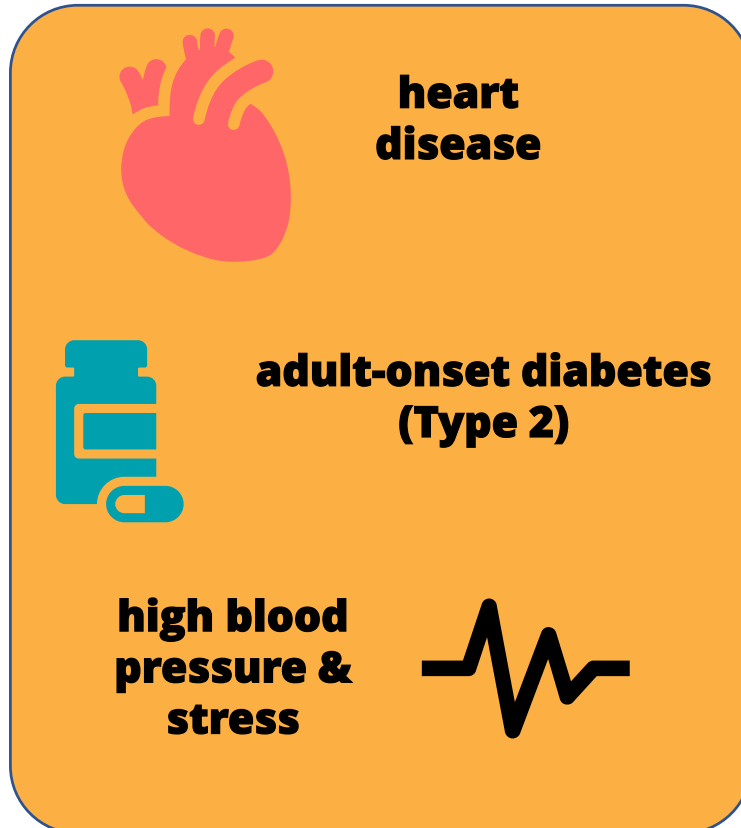
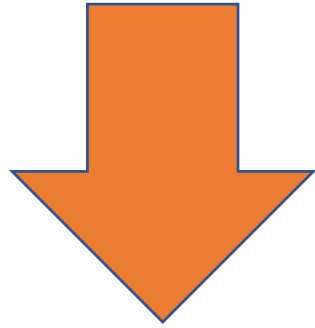
How we roll: Transit

The benefits of active transportation



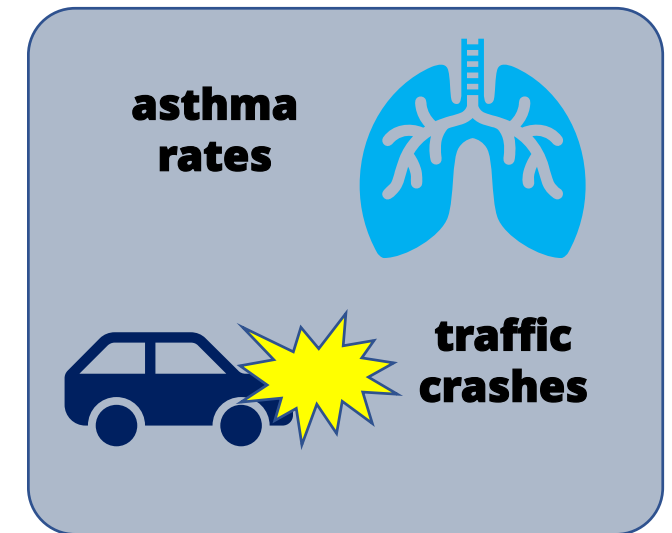
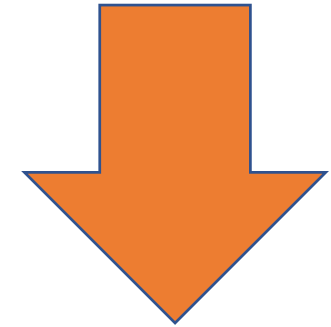
Health

**Lowered
risk of:**



Increased:

**Can also
reduce:**



How long does it take to burn calories by different modes of transportation?



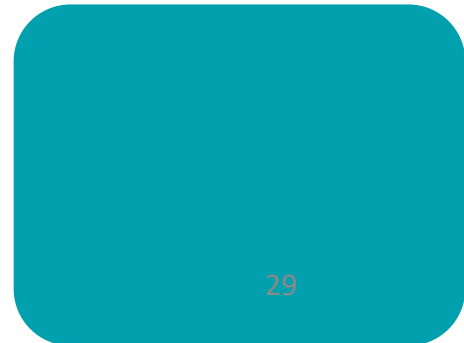
One
carnitas taco



13 Takis



1 chicken
Bahn mi



The **benefits** of active transportation



The benefits of active transportation

**Health
Mobility
Neighborhood livability**



The benefits of active transportation

**Health
Mobility
Neighborhood livability
Economy**





Benefits of active transportation

Health
Safety
Livability
Economy

Environment

**Why is it important to
reduce air pollution?**



Idling vehicles
burn gasoline,
creating smog that causes
lung damage & asthma.

- Children breathe 50% more air per pound than adults
- Children's asthma symptoms increase as a result of car exhaust
- Asthma is the most common chronic illness in children and the cause of most school absences



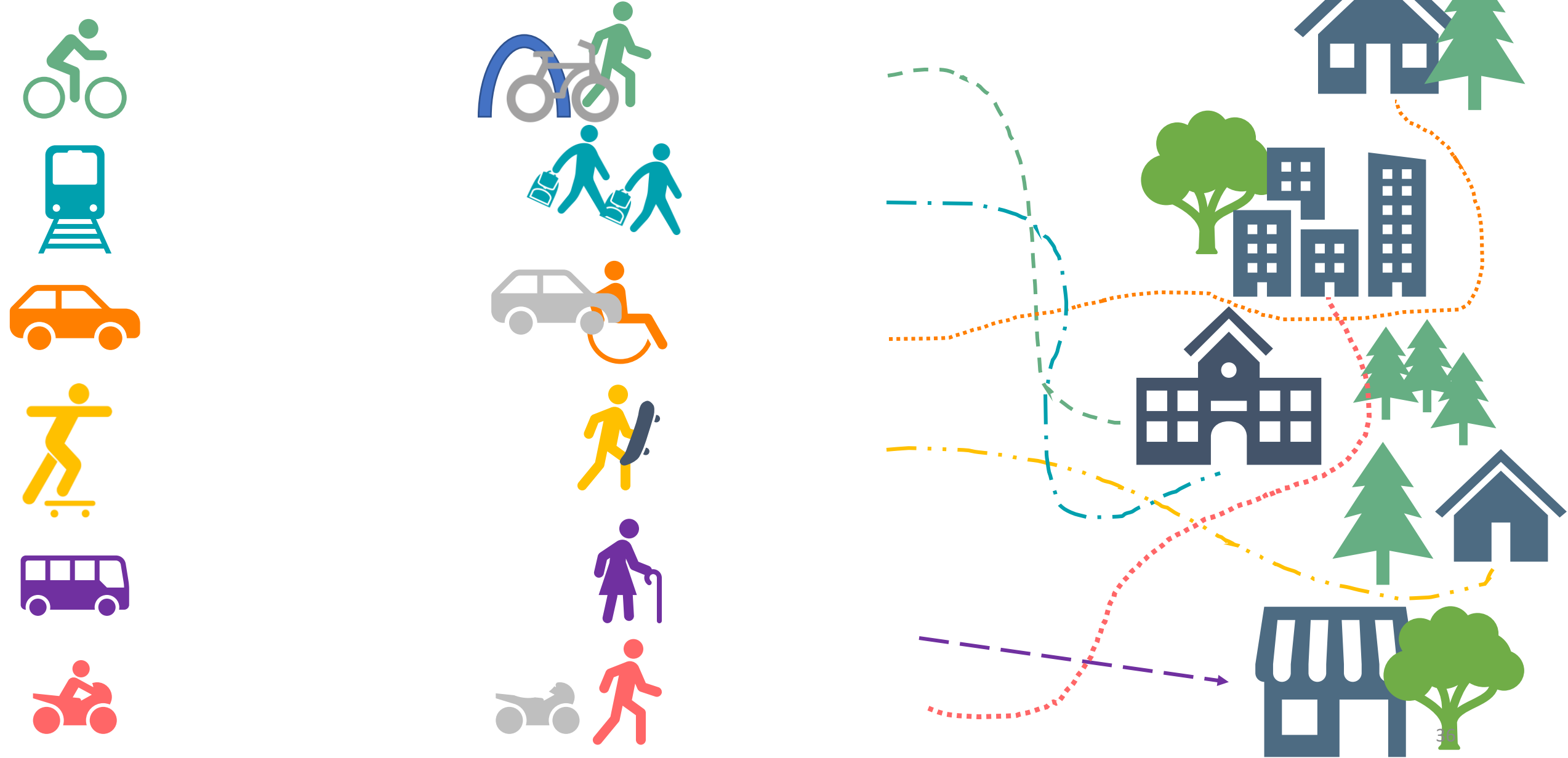
Active transportation helps reduce these harmful emissions, but not everyone has access to safe walking, biking, or transit routes.

So what can we do?

ENVIRONMENTAL JUSTICE means making sure that everyone has a fair chance of living the healthiest life possible. Living a healthy life often depends on the conditions where someone lives, plays, or goes to school, and their ability to thrive there.



We all walk at some point every day.



A portrait of Anjeanette Brown, a Black woman with short dark hair styled in a ponytail with a white braided headband. She is wearing black-rimmed glasses and a red zip-up jacket. She is looking slightly to her left with a serious expression. The background is a blurred indoor setting with a white wall and a dark metal railing.

Anjeanette Brown



Different types of safety

Traffic laws



Society's code of conduct for using our right-of-way

Personal security



Person-to-person interactions when navigating public spaces

Environment



Interacting with vehicles & street infrastructure

Different types of safety

Traffic laws



Society's code of conduct
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Interacting with vehicles
& street infrastructure

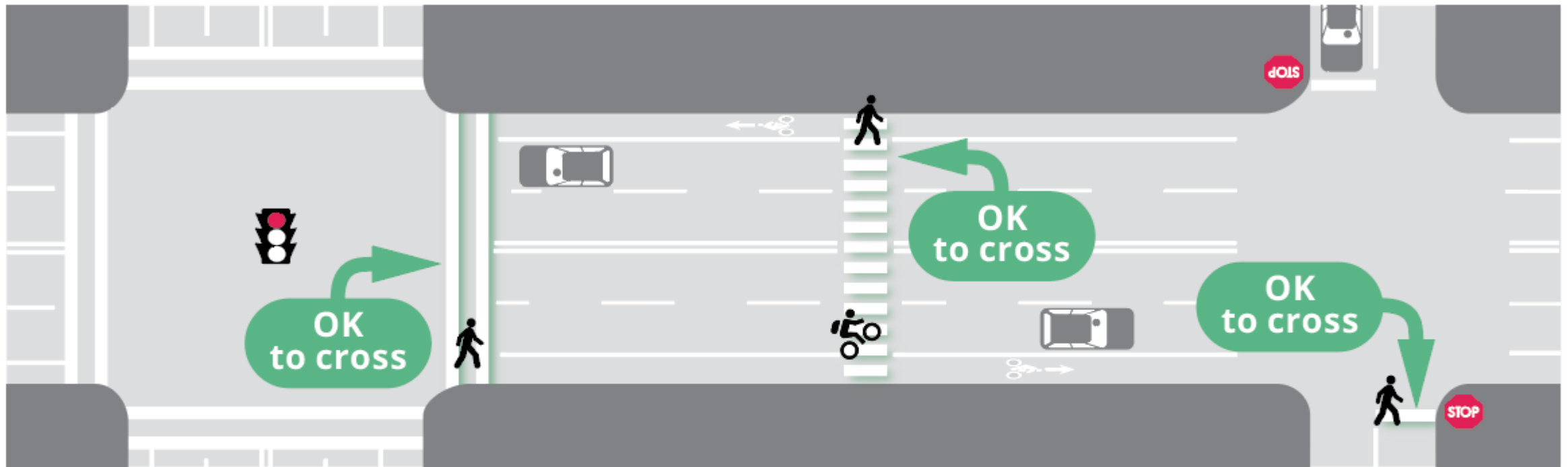
Oregon Crosswalk Laws & Tips

JEOPARDY!

A: Every intersection in Portland is one of these, whether marked with paint or not.



IN PORTLAND, EVERY INTERSECTION IS A CROSSWALK*



Pedestrian = a person walking. There are multiple ways people can “walk.” Pedestrians can move using their own legs, a wheelchair, or mobility device.

* ORS 801.220

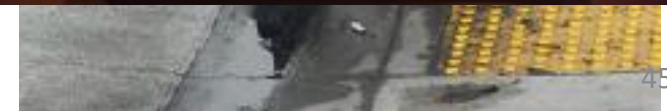
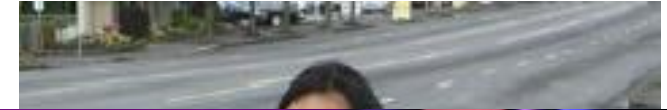
A: Once this begins flashing, pedestrians may not enter a crosswalk.



A: As a pedestrian, you must do _____ (by extending a hand, leg, umbrella, or anything that is an extension of your body beyond the curb or the end of the sidewalk into the street) before crossing.



Courteous
Predictable



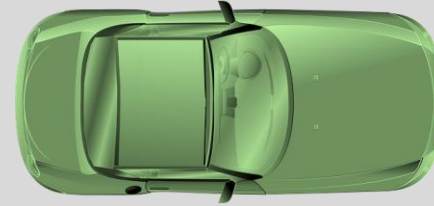
A: When crossing the street you must give drivers
_____ and _____ to stop.



**Courteous
Predictable
Legal**

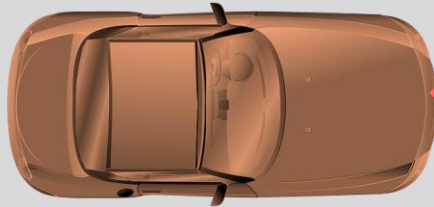


20
mph



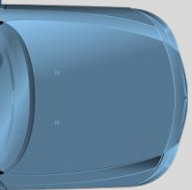
Needs 110 ft.
to stop

30
mph



Needs 200 ft. to stop

40
mph



Needs 375 ft. to stop

250 foot city block



- 1) Safe speeds lower the risk of crashes
- 2) When crashes occur, safe speeds make it less likely that people are killed or seriously injured

20 MPH IS PORTLAND'S NEW SPEED LIMIT ON RESIDENTIAL STREETS

20 IS PLENTY

VISION ZERO PORTLAND

- The new speed limit takes effect April 1, 2018 and PBOT will be installing signs to reflect the change.
- Slower driving speeds help prevent crashes and, when crashes occur, reduce the harm that results.

SPEED LIMIT 20

Why crash and not accident?

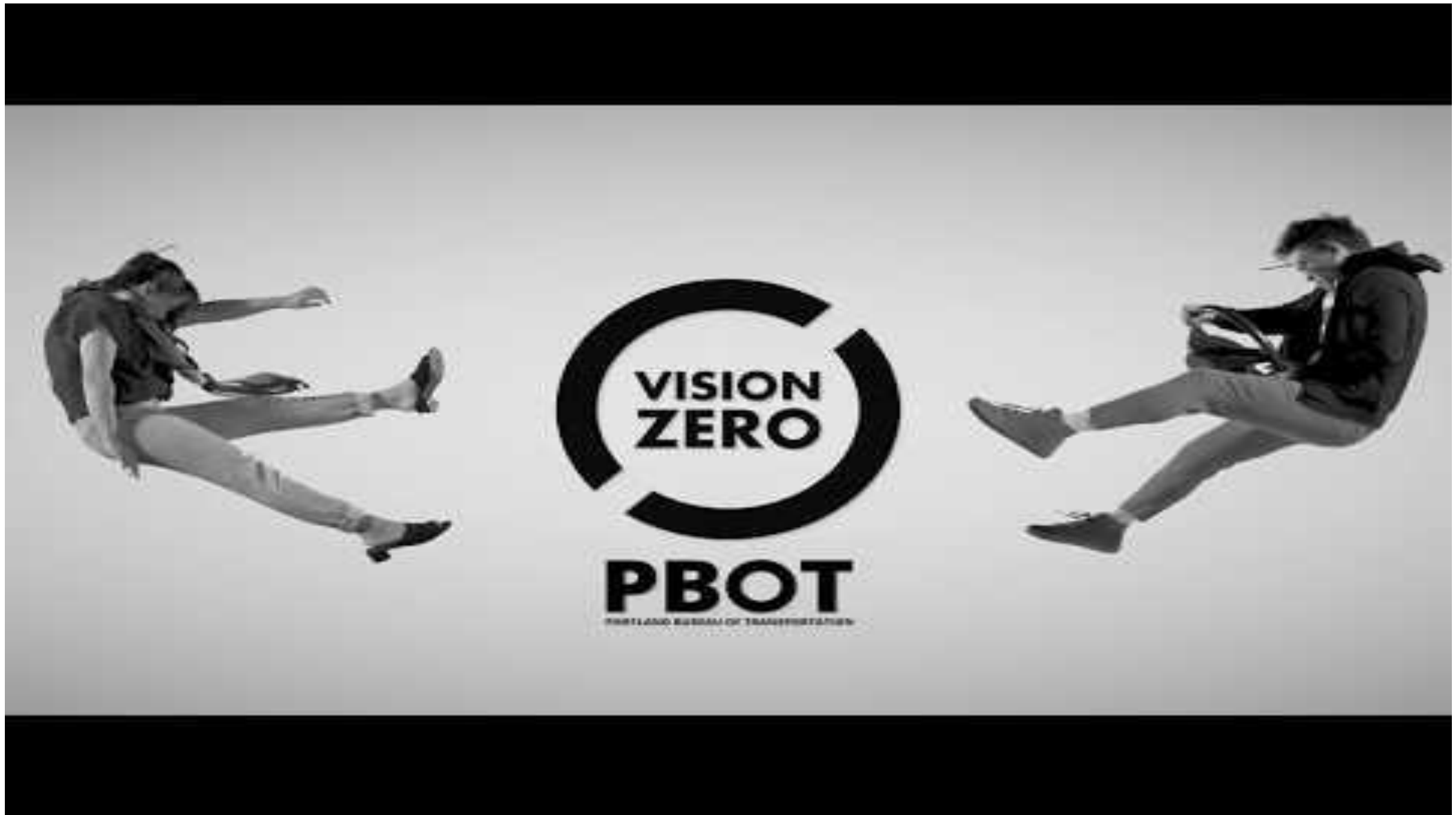
The infographic features a large orange sign on the left with the text '20 IS PLENTY' and 'VISION ZERO PORTLAND'. To the right, a smaller white sign with a black border displays 'SPEED LIMIT 20'. Below the signs, two white cars are shown on a road with a dashed white line. The word 'crashes' is circled in black in the text of the second bullet point.

- 1) Safe speeds lower the risk of crashes
- 2) When crashes occur, safe speeds make it less likely that people are killed or seriously injured

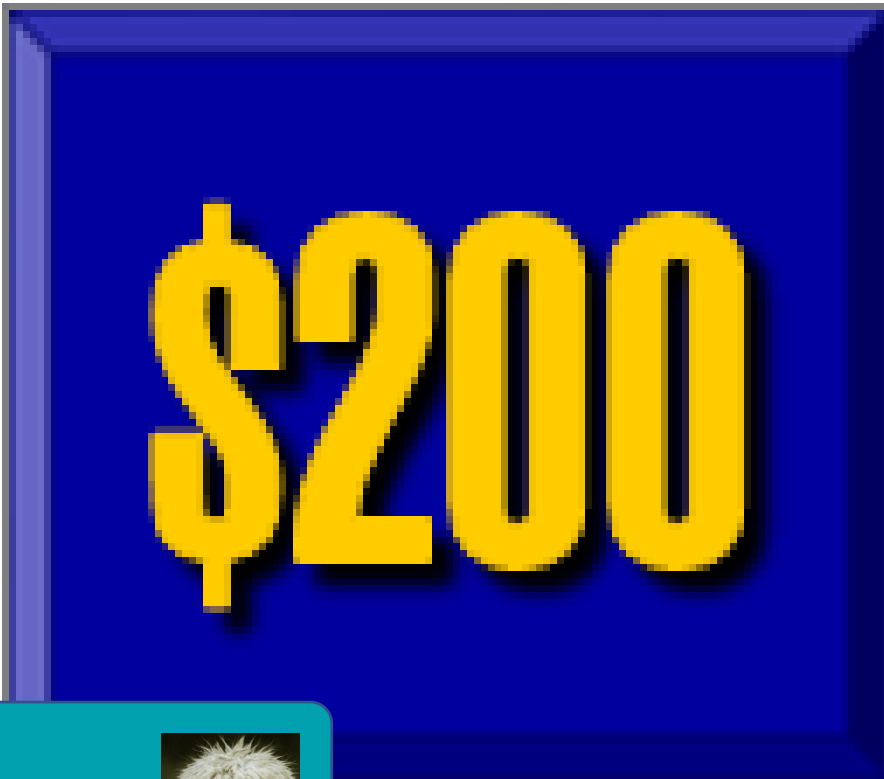


Traffic crashes are fixable problems, caused by **dangerous streets and unsafe drivers**. They are not accidents. They are preventable.

Why crash and not accident?



A: Lights, reflectors, bright or contrasting clothing, and lights will help you be more _____ during grey weather.



Able to be seen!



A photograph of a street scene with a crosswalk. The background shows trees and a sidewalk. The foreground is a dark asphalt road with white crosswalk stripes. A large white rounded rectangle is overlaid in the center, containing the text.

**How many people can
you see right away?**

DAILY DOUBLE

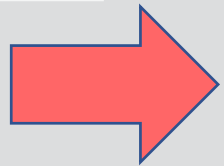
Moby
Games

This traffic situation is sometimes called a “Double Threat.”

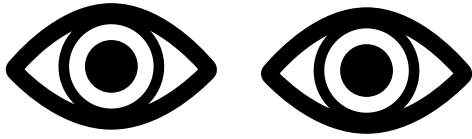


The driver in the orange car may not stop for the pedestrian.

Because their vision is obstructed by the grey car they may not be aware they need to stop.



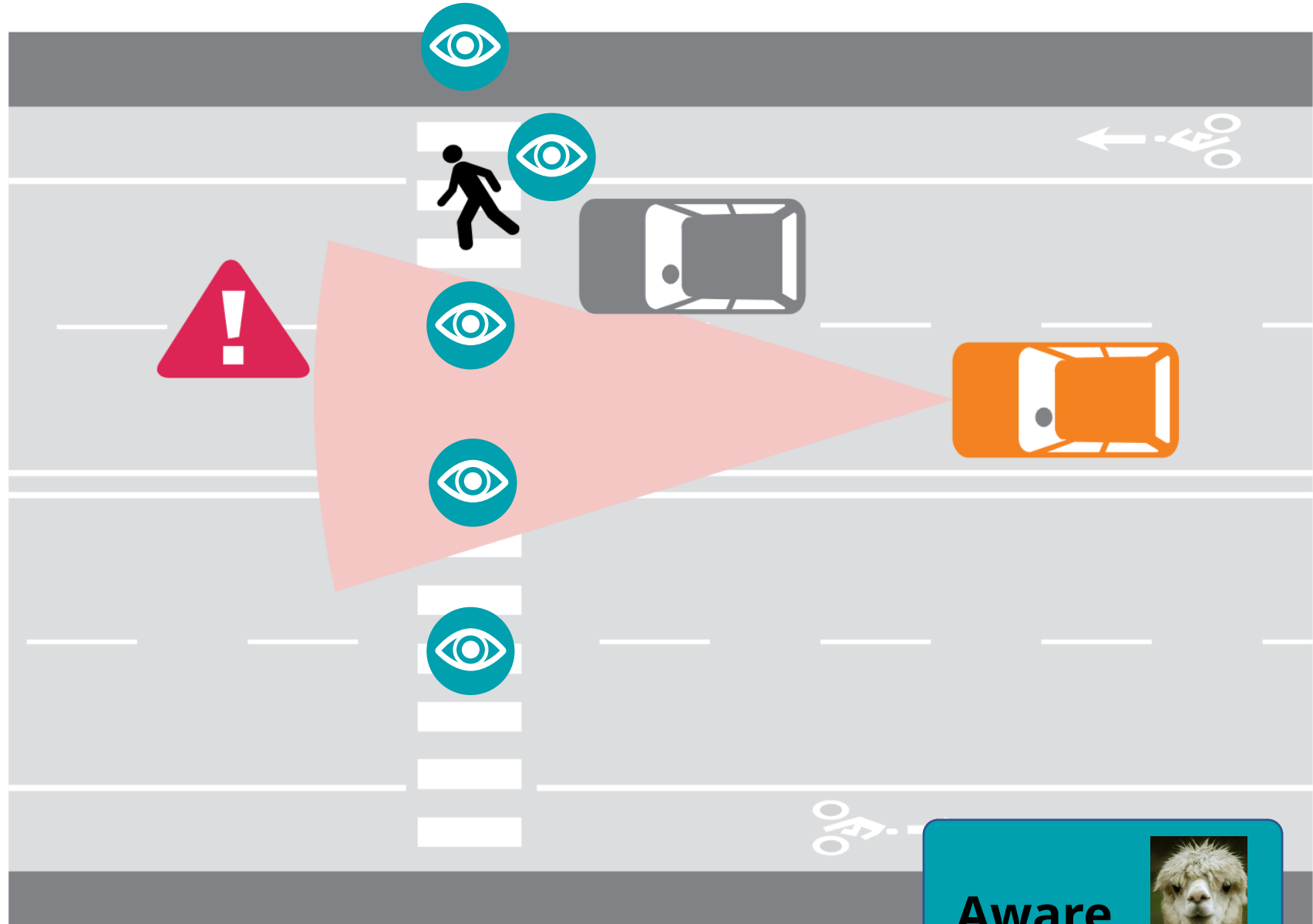
Name THREE places you must look when crossing in a DOUBLE THREAT situation.



LOOK for oncoming vehicles before you begin to cross

LOOK for oncoming vehicles as you cross

LOOK before you enter each lane of traffic to make sure drivers see you and have stopped for you



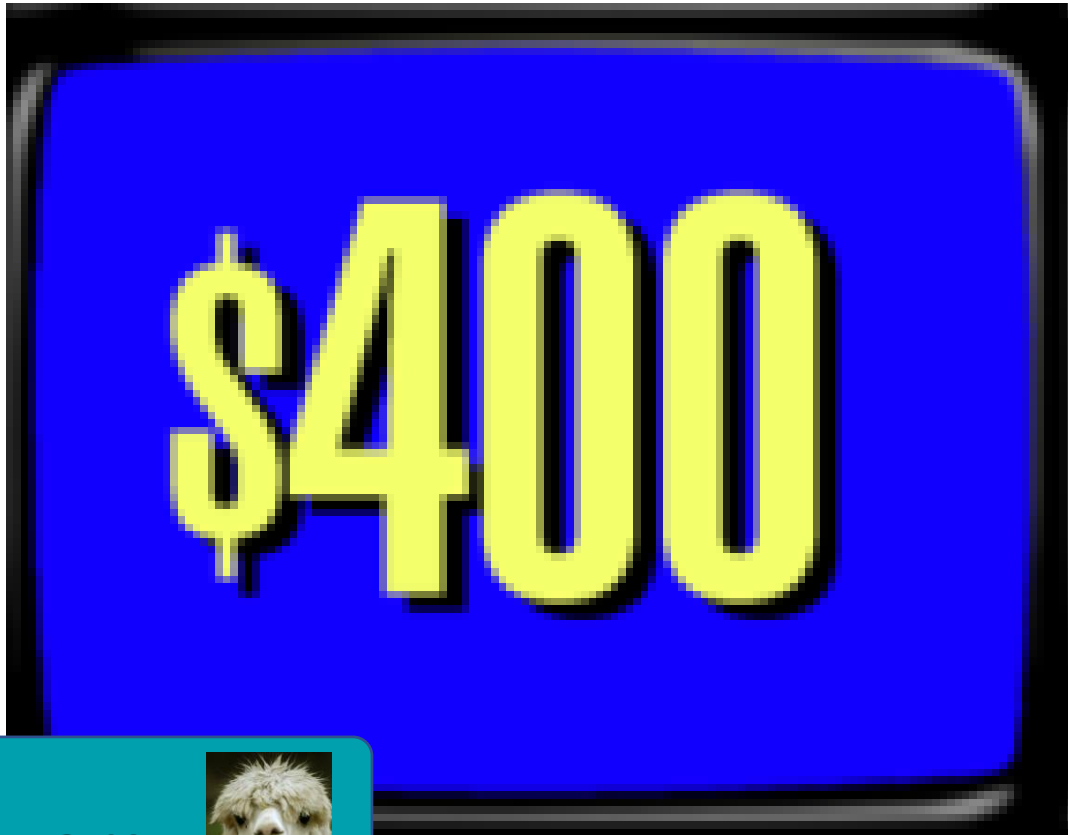
Aware



A: A pedestrian should usually travel in this direction when walking on a road without a sidewalk.



A: Once drivers have stopped for you, you must _____ to make sure they see you and are really waiting for you to cross.



Aware



Putting your phone away and turning your headphone volume down are good examples of this.



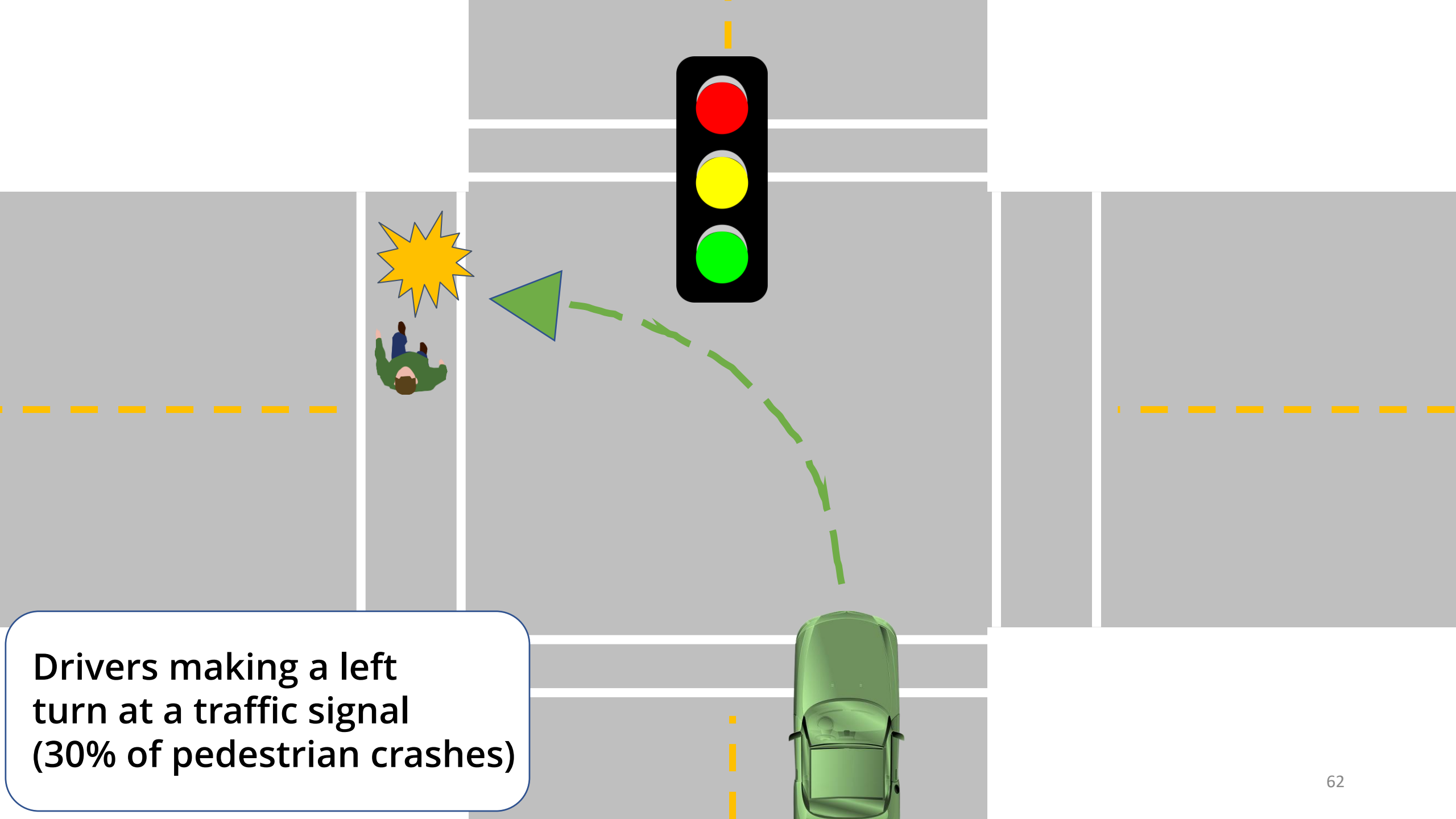
Aware



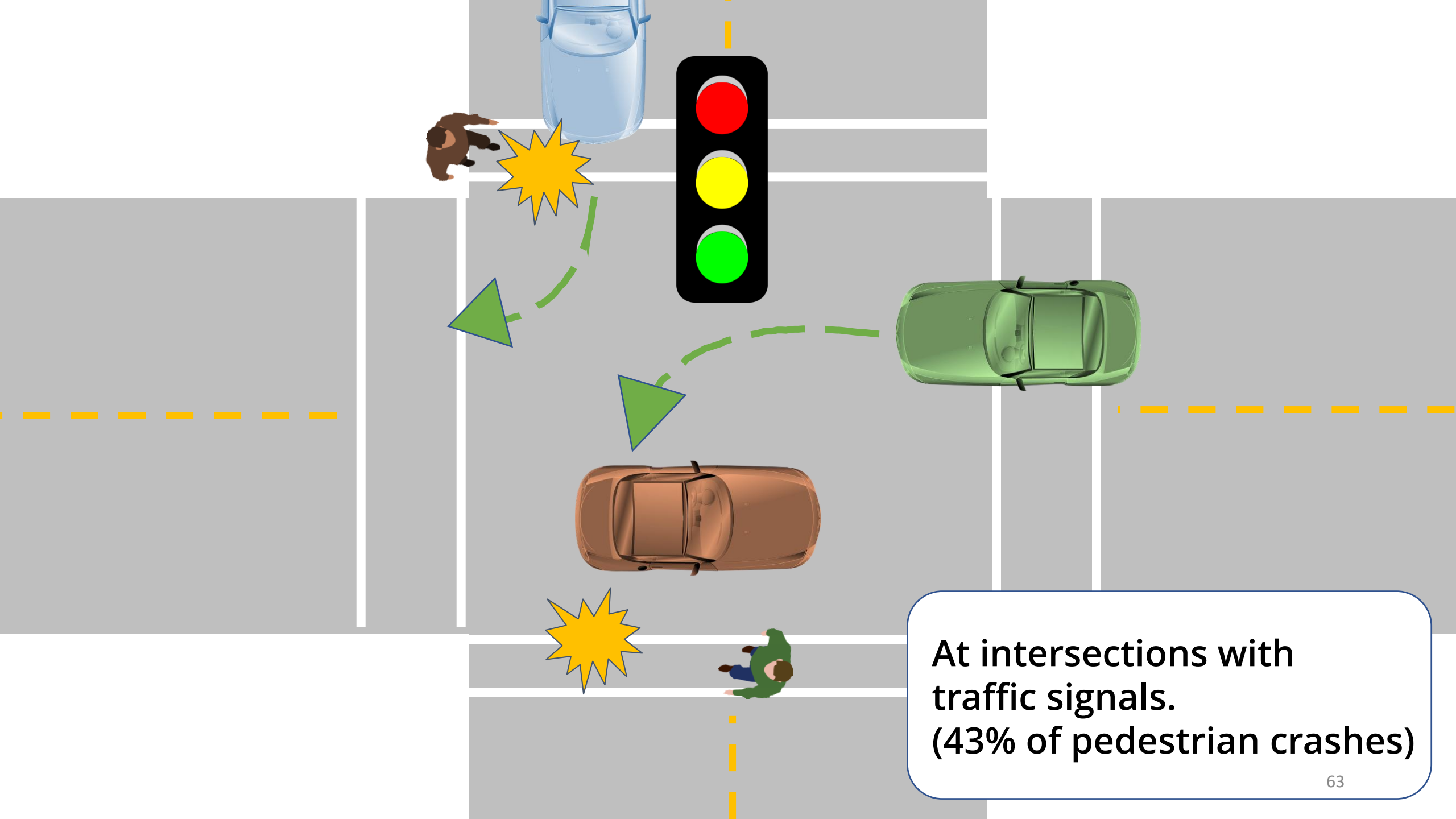


Q: What are the three most common types of crashes involving pedestrians in Portland?

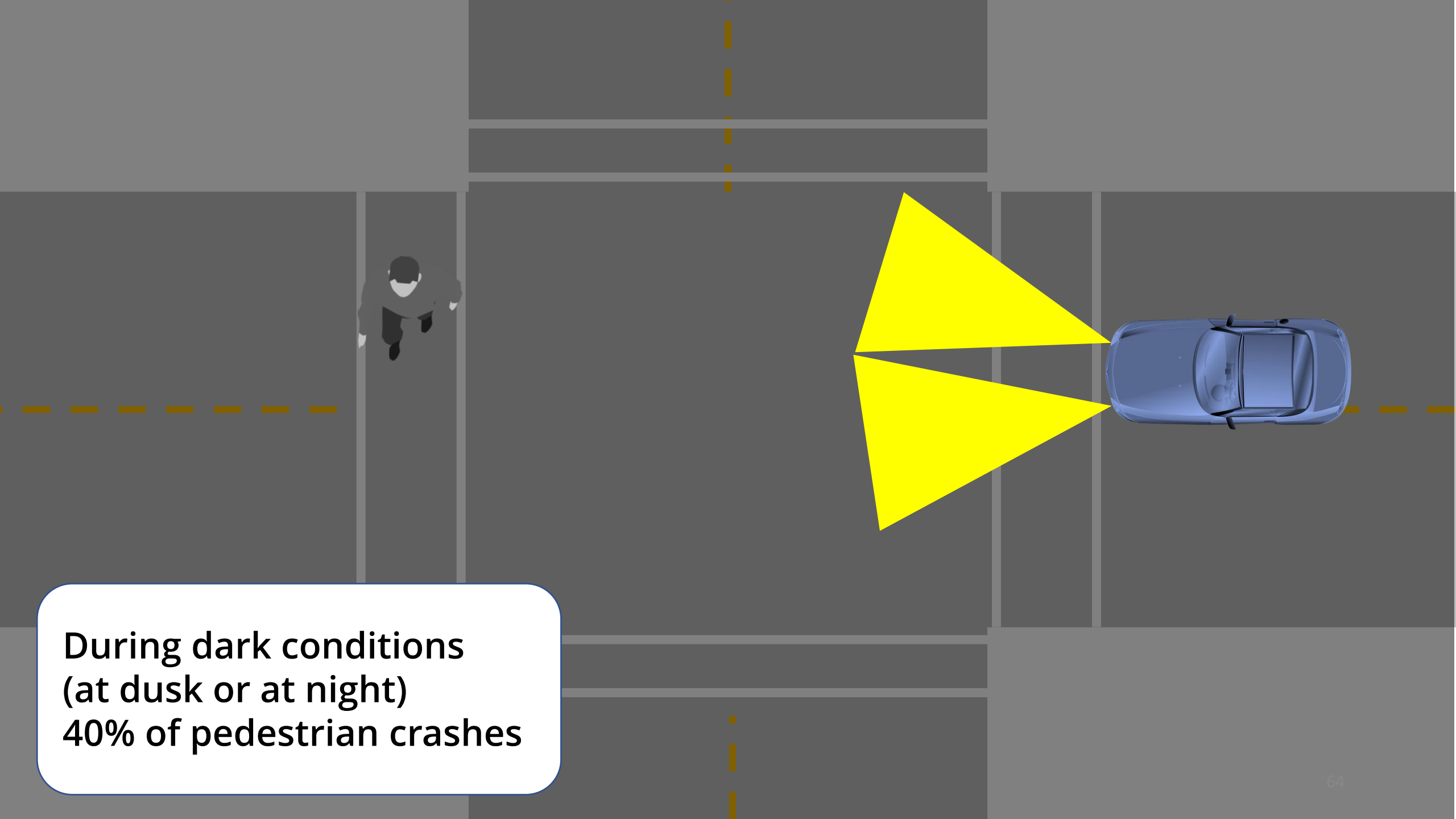




Drivers making a left
turn at a traffic signal
(30% of pedestrian crashes)



At intersections with
traffic signals.
(43% of pedestrian crashes)



During dark conditions
(at dusk or at night)
40% of pedestrian crashes

Riding transit in Portland



Bus



MAX

(Metropolitan Area Express)



Portland Streetcar



Aerial Tram



WES



C-TRAN



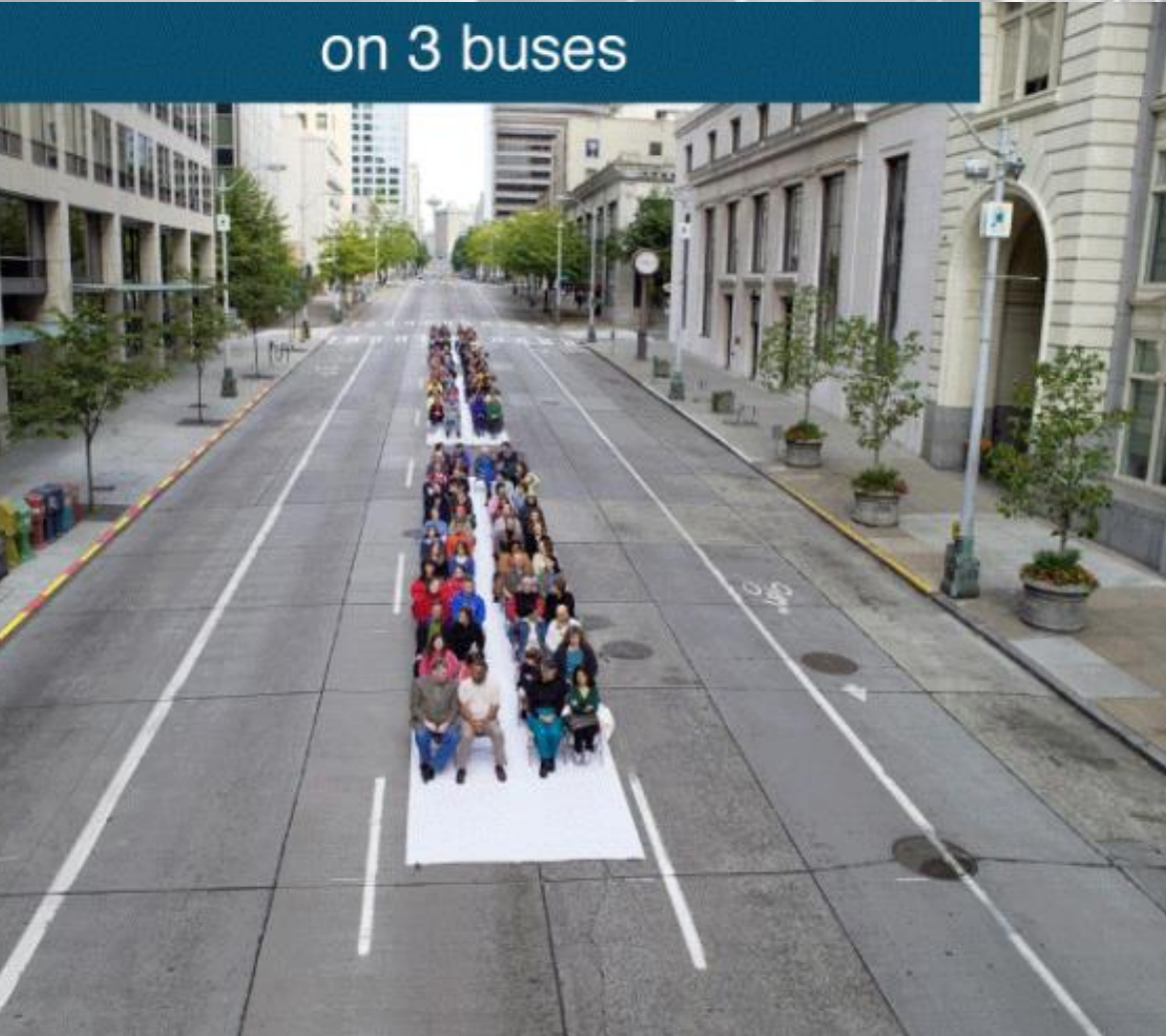
Columbia Gorge Express

Riding transit in Portland



Riding transit in Portland

on 3 buses



on 1 light rail train

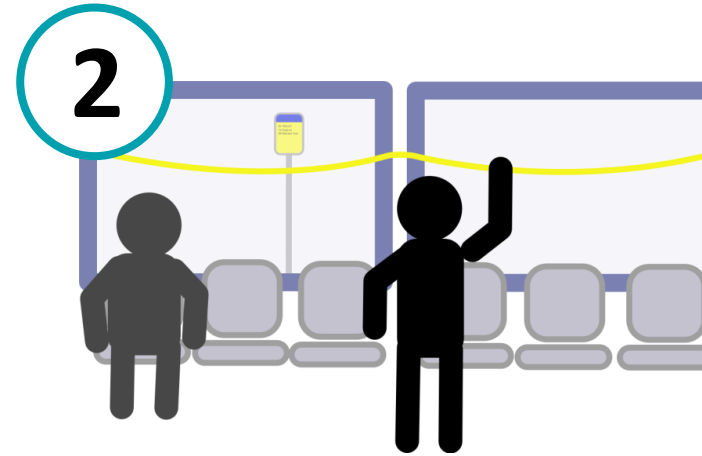


Riding transit in Portland



Etiquette & Street Smarts

- Getting a lot of people where they need to go in a small space!

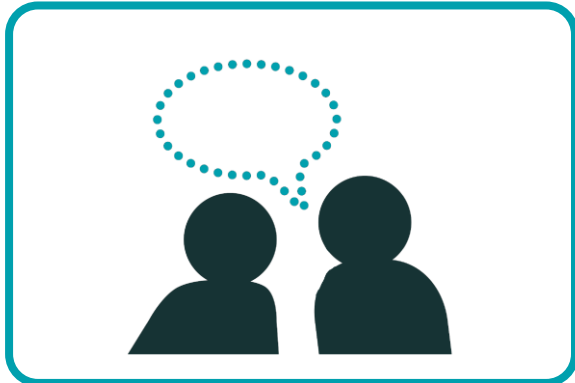
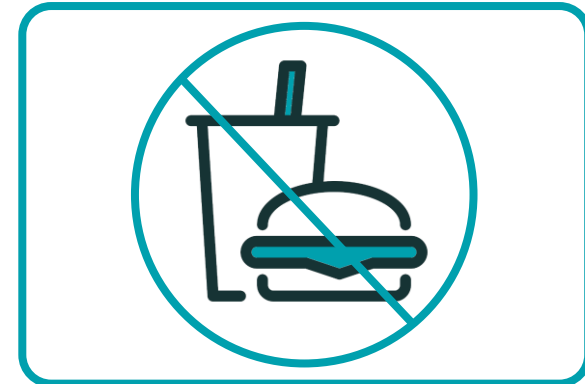
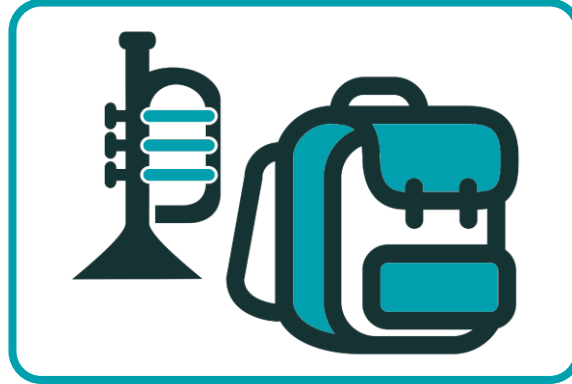


Tools for riding

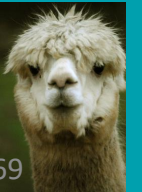
- How to ride bus & MAX
- Taking your bike with you/using an access ramp

1

Etiquette & Street Smarts



Courteous



1

Etiquette & Street Smarts

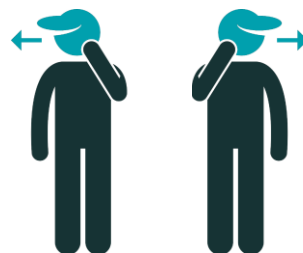


Waiting for the bus or MAX



In dark or low-light conditions use your phone to signal the bus when you want to board

Stay alert and look around. Limit distractions.



Trust your intuition when someone makes you uncomfortable. Use the buddy system when you can.

On the bus or MAX

Plan a few “safe havens” where you can go if you have to get off in a hurry.



Don't be afraid to tell the bus driver or press the “help” button if you need assistance.

I'm using the three steps of assertive communication

!



Aware



1

Etiquette & Street Smarts



Q) What if the emergency intercom button on the MAX or bus doesn't work?

- Find an ally that can help you
- Use your phone to call 9-1-1
- Text TriMet's 24-hour customer service team: (503) 238-7433
- If possible, contact the driver/operator



Be an ACTIVE BYSTANDER

DO

- Do **ignore the perpetrator**
- Do **support the target**; see if they would like your help
- Do **keep both of you safe**
- Do **recruit others to help** if you are too nervous to speak out or need support

DON'T

- Don't **do nothing**
- Don't **escalate the situation**
- Don't **encourage negative bystanders**



**Q) What if someone is causing a scene, but it's not directed at you?
What can you do?**

1

Etiquette & Street Smarts



Have you experienced a hate or bias incident on transit or anywhere else?



What is a hate/bias incident?

Any incident that targets an individual/group based on their age, color, religion, disability (physical or mental), race, ethnicity, national origin, sex, gender, gender identity, sexual orientation and so on.

Examples:

- A person is verbally or physically harassed for being presumed to be from another country
- A person shouts an offensive name at you while you're walking down the street
- A poster or graffiti singles out a racial or ethnic group to intimidate, or includes anti-Semitic messaging
- Someone is intentionally ridiculed for the pronouns they use

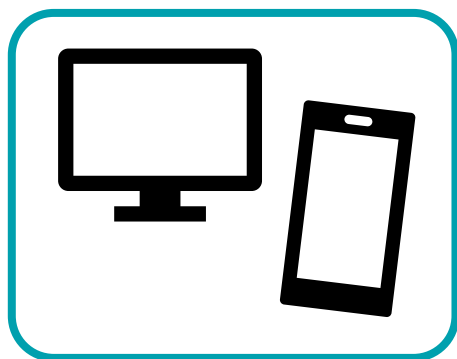
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Etiquette & Street Smarts

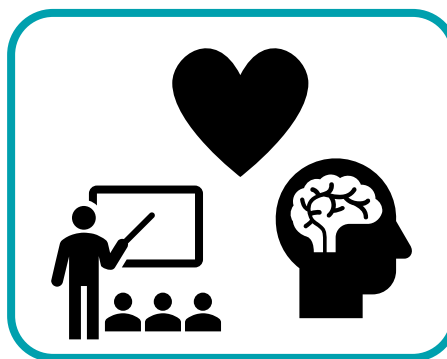


ReportHatePdx.com

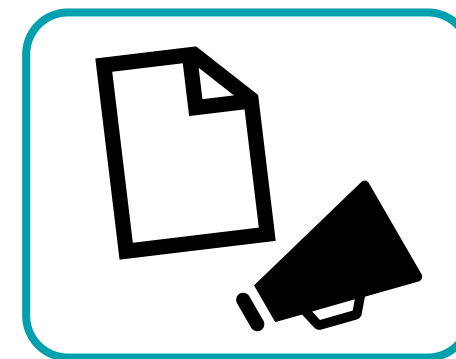
Share your
experiences now



**Online reporting
tool**



**Counseling, victim
advocacy, trainings**



PUAH Resources

1

Etiquette & Street Smarts

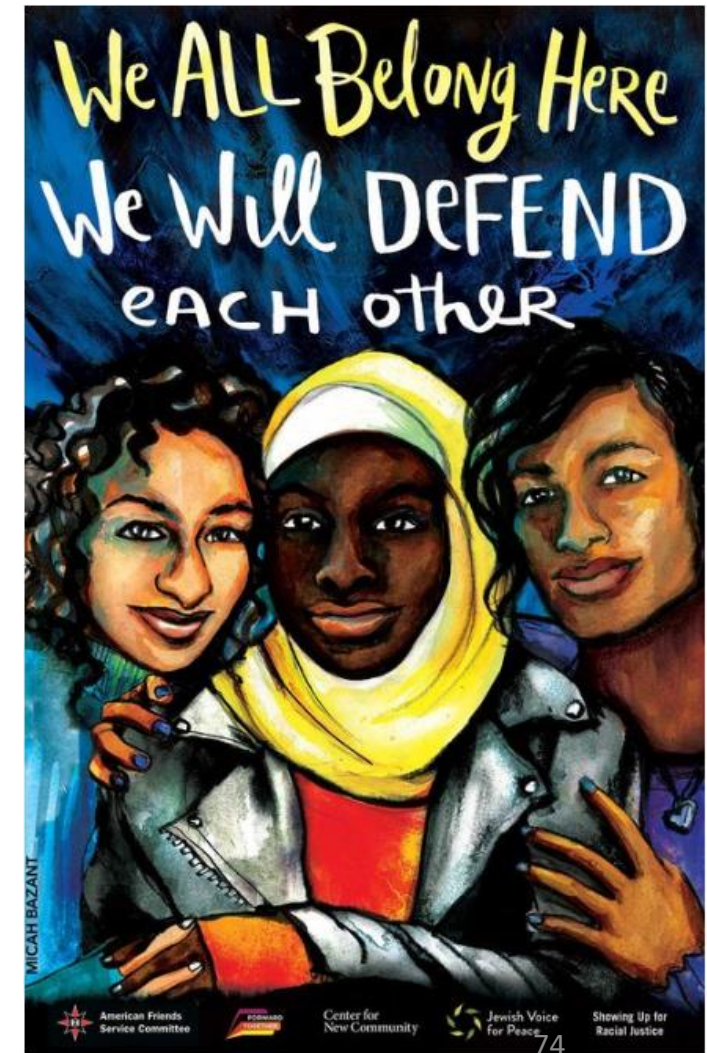


Interrupt Hate Action Card

See something? Do something.

- FEEL** Be calm and assertive.
- ASK** Speak to the person being targeted:
I am uncomfortable with this. Are you ok?
- ACT** Ignore the attacker. Center and support the person targeted.
Stand by the person targeted, look at them, and engage them in conversation. Invite them to go with you, respect their wishes.

All are
WELCOME HERE

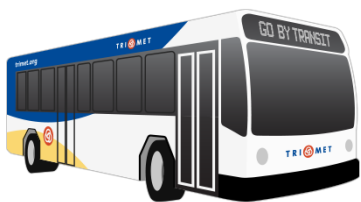


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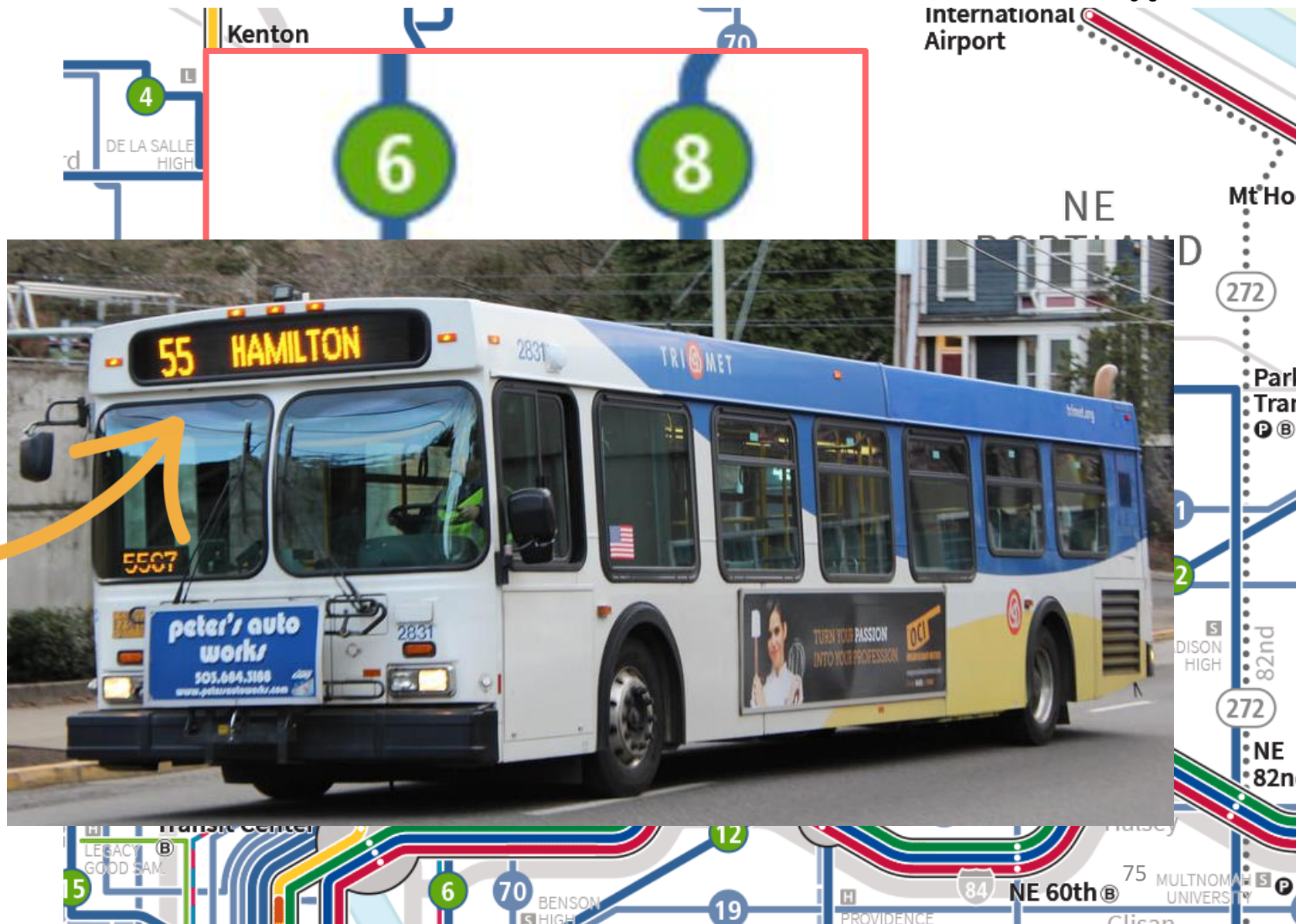
Tools for riding

Bus lines are designated by number and major streets on their route

Check the top of the bus for the bus number and route name

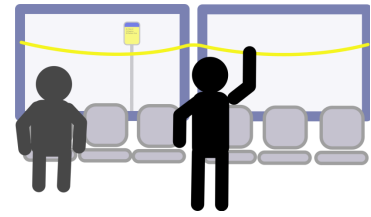


On the bus

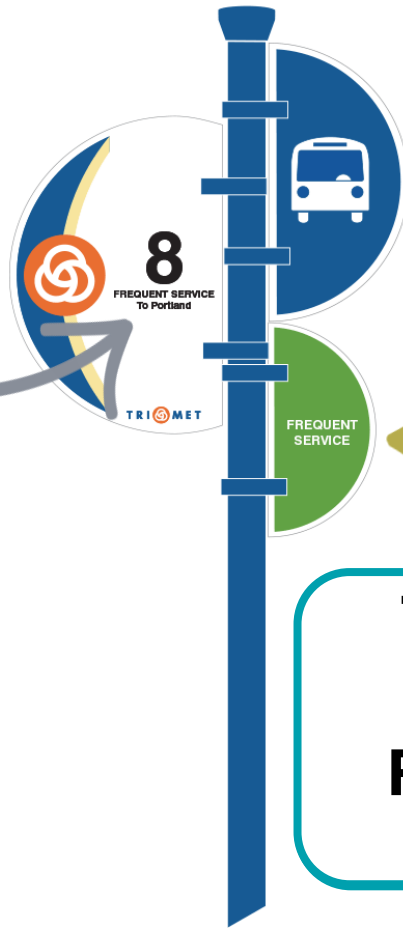


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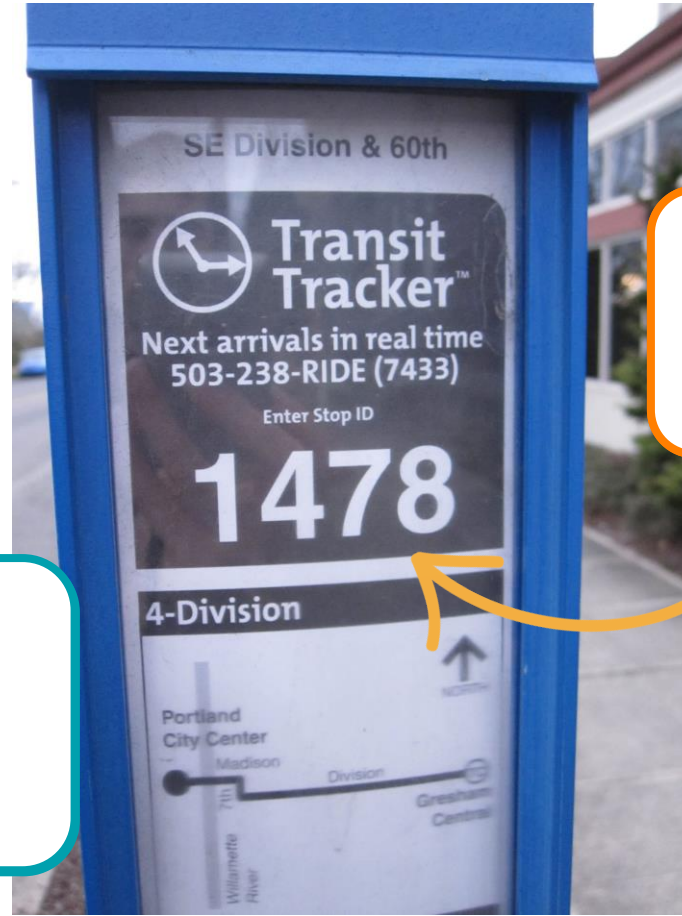
Tools for riding



Bus route number!



This bus line has Frequent Service



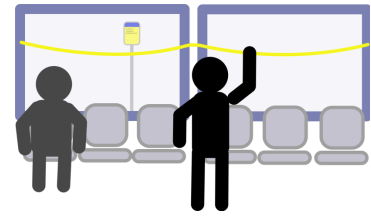
That's a Stop ID



On the bus

2

Tools for riding

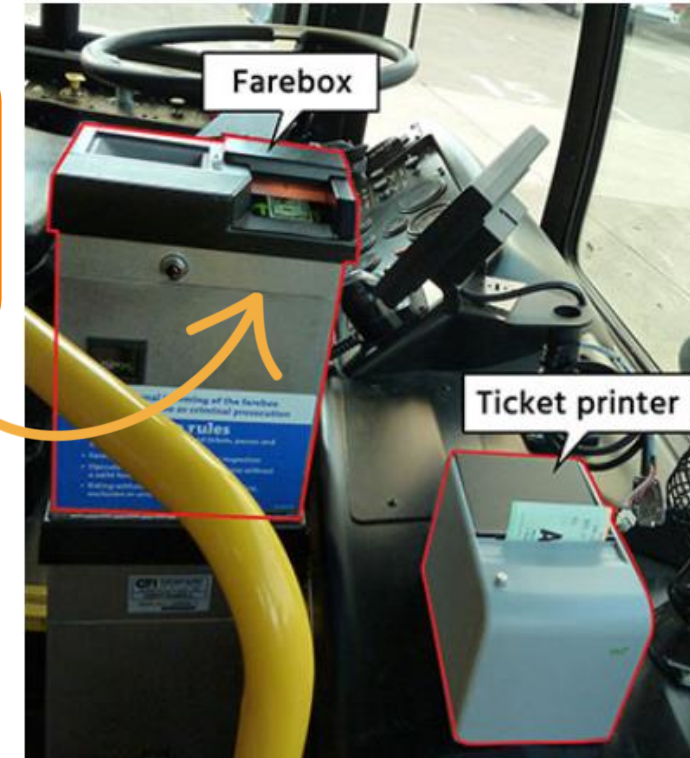


Paying with cash?



Put **exact change** in the farebox

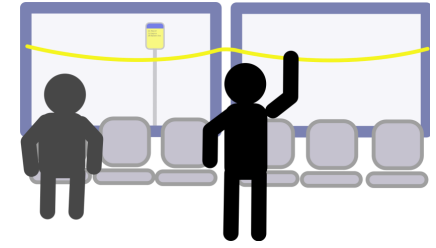
Always board at the front door & be ready to pay or validate your fare



On the bus

2

Tools for riding



All the ways to pay
on the bus



Cash



Hop card



Virtual Hop card



On the bus

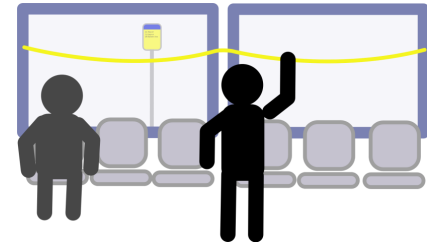
**Youth
fare**

\$1.25 for 2.5 hours
\$2.50 All Day

2

Tools for riding

Taking your bike with you



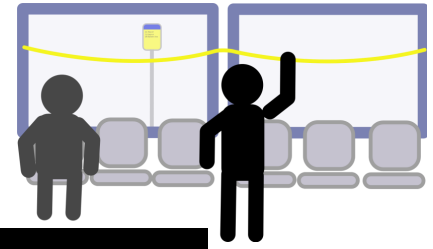
All buses have a bike rack that folds down



They can each hold two bikes

2

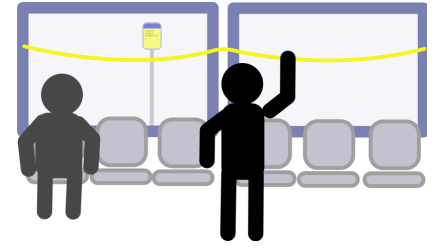
Tools for riding



2

Tools for riding

Requesting the bus ramp or lift



Every bus has a ramp or power lift for anyone who is unable to use the stairs to board.



- 1) Wait in view of the operator
- 2) If you need the ramp or lift, just ask
- 3) Sit near the front in priority seating area. The driver will help secure your mobility device if needed
- 4) When the bus stops, the driver will remove any securement straps from your mobility device and deploy the ramp



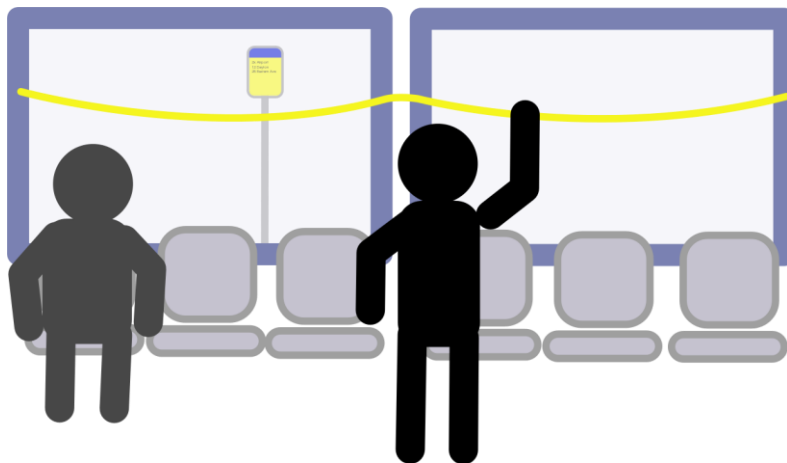
On the bus



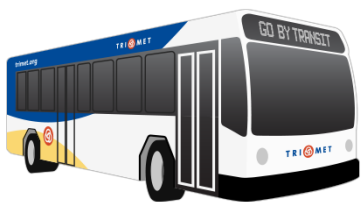
2

Tools for riding

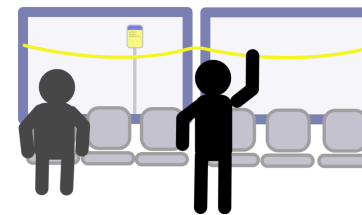
Getting off the bus



- Pull the yellow cord
- Pull the cord as soon as the bus passes the stop before yours



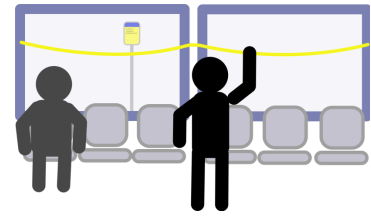
On the bus



Exit through
the back door
whenever
possible

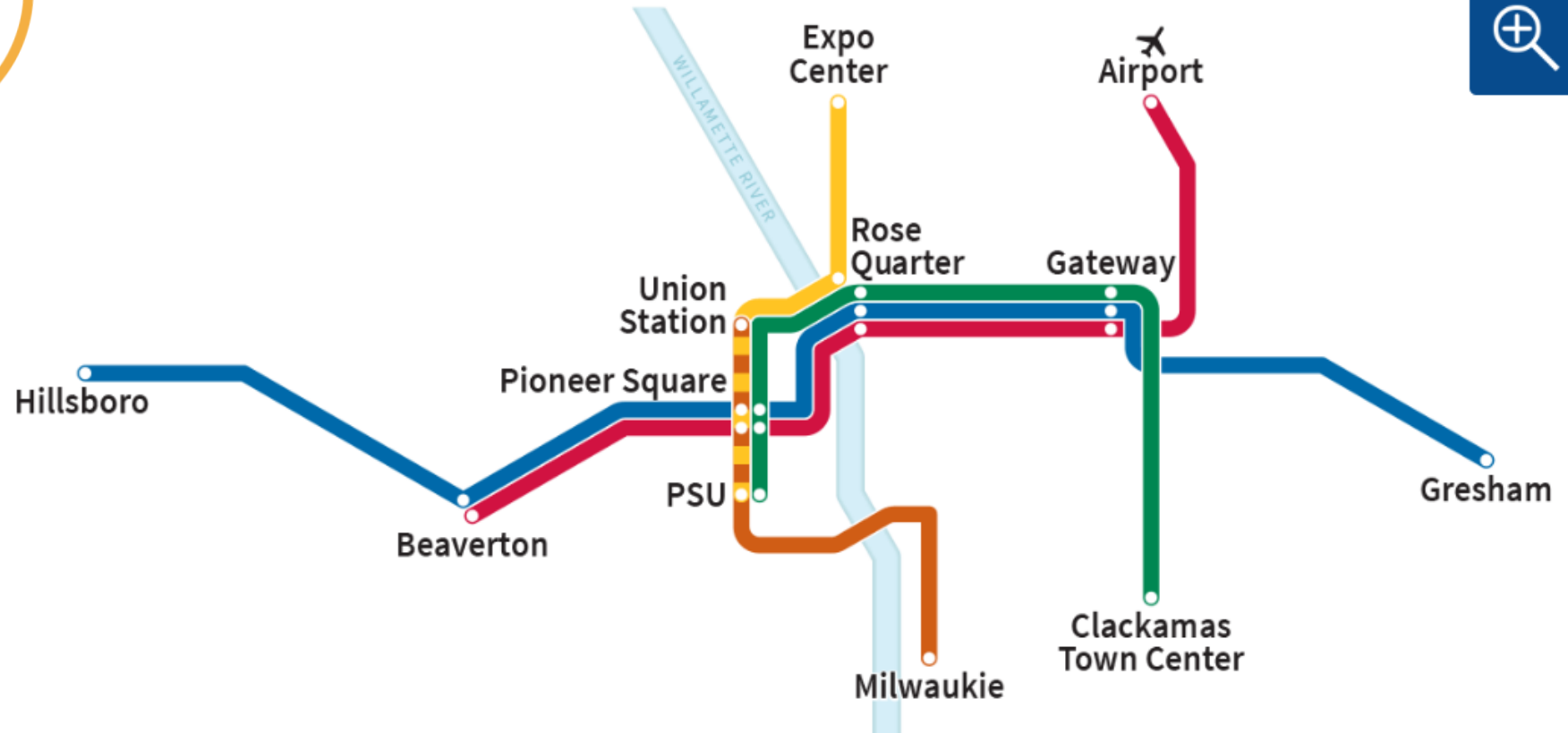
2

Tools for riding



MAX lines are named with colors
and their end destinations

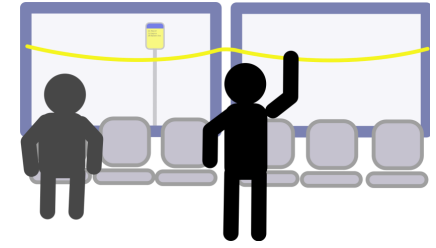
MAX SYSTEM MAP



On MAX

2 Tools for riding

All the ways to pay to ride MAX



Cash at machines
(at station, not on
MAX)



Hop card



Virtual Hop
card

Youth
fare

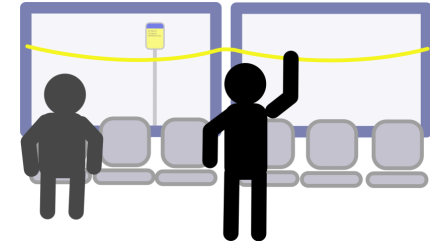
\$1.25 for 2.5 hours
\$2.50 All Day



On MAX

2

Tools for riding

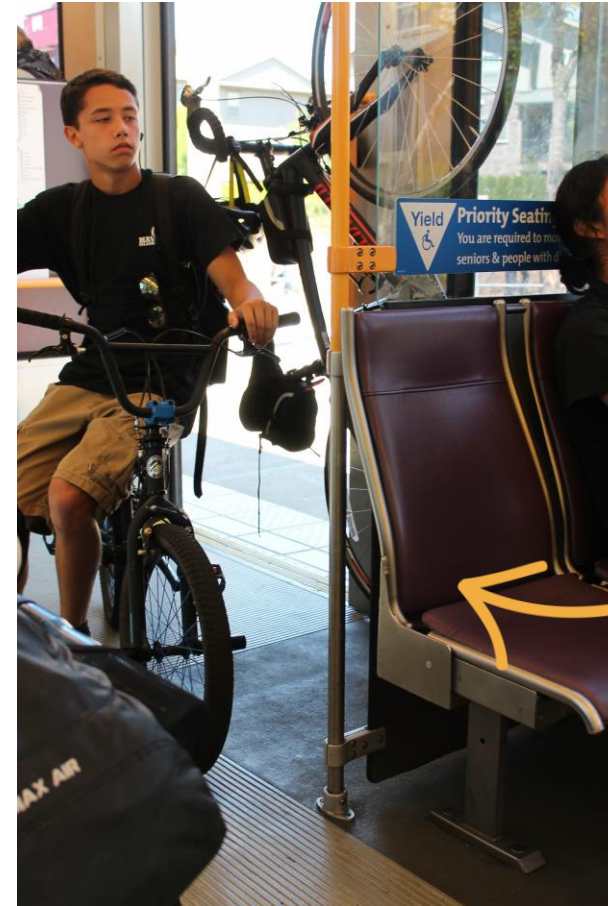


Taking your bike with you

You can hang bikes by their front wheels at the end of some MAX cars.



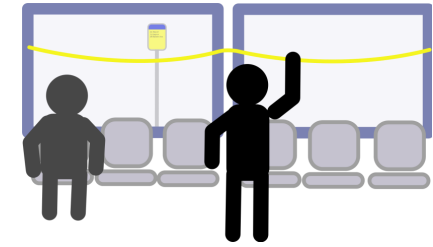
Look for this symbol on the doors of trains that have bike hooks



If the hooks are already taken, you can stand by your bike if the train isn't too crowded.

2

Tools for riding



Requesting the MAX ramp

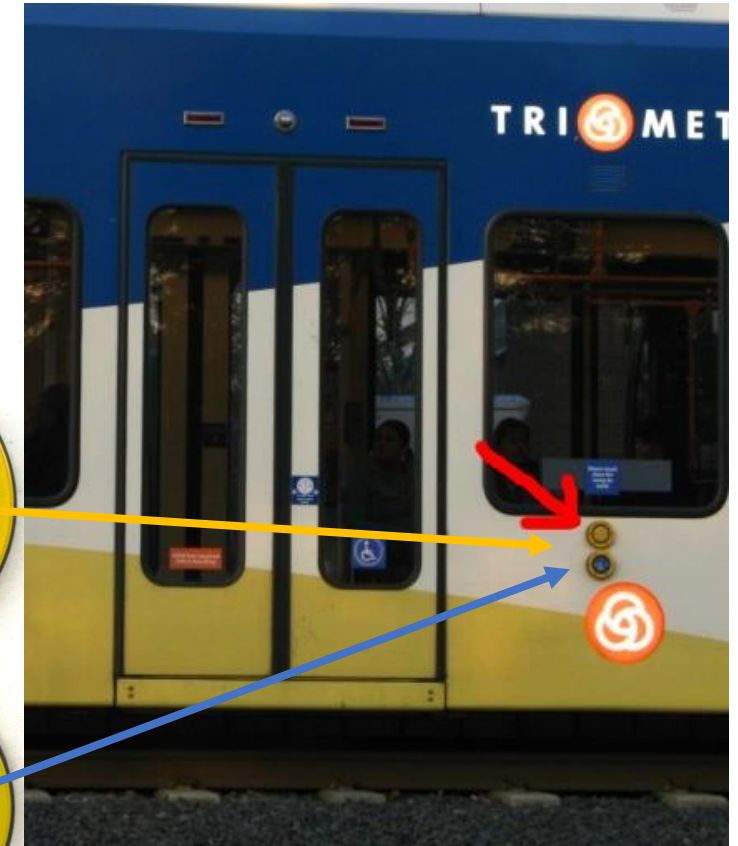
Look for this symbol on the doors of trains that have ramps



- 1) Wait in view of the MAX operator
- 2) Look for the door with the ramp
- 3) If needed, deploy the ramp yourself by pressing the blue button
- 4) Wait behind the white bumpy tiles on the platform while the ramp extends

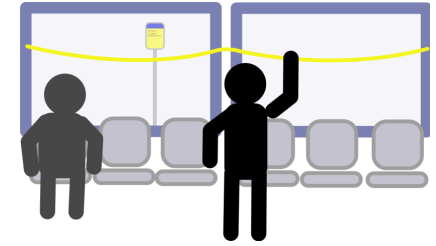
Yellow buttons only open the doors

Blue buttons open door AND ramp



2

Tools for riding



Exiting the MAX

Press the blue button to access both door and ramp.
It should light up once you've made your request.



Reflection

- What do we mean by look before you cross? Where/what are you paying attention to?
- Name one thing you could DO to be an active bystander?
- What skills do you need to ride public transportation?

A group of children are riding bicycles in an outdoor parking lot. In the foreground, a boy in a blue sleeveless shirt and a black helmet is pointing towards the camera. Behind him, a girl in a white helmet and a black jacket over a plaid shirt is riding. To her right, another girl in a pink helmet and a denim jacket is riding. In the background, a boy in a blue hoodie is also riding. The ground is paved and has some fallen leaves. A chain-link fence and a white car are visible in the background. There are blue and orange traffic cones on the right side of the image.

Day 3

Safety on Wheels



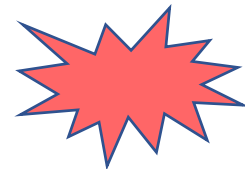
Today's Topics



Oregon laws for human-powered vehicles



All about Portland streets



Crash prevention

Different types of safety

Traffic laws



Society's code of conduct for using our right-of-way

Personal security



Person-to-person interactions when navigating public spaces

Environment



Interacting with vehicles & street infrastructure

Different types of safety

Traffic laws



Society's code of conduct
for using our right-of-way

Environment



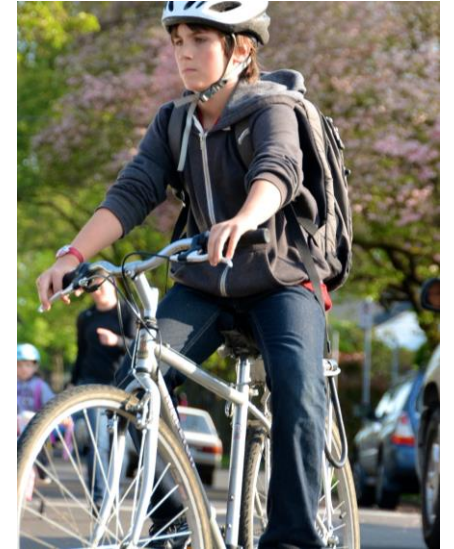
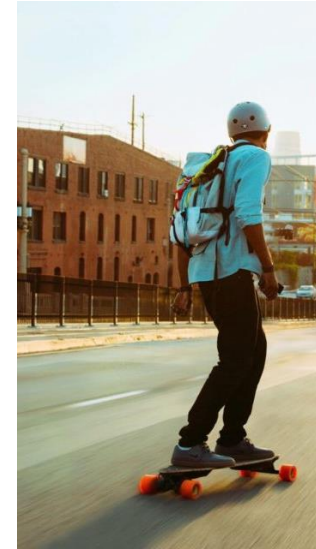
Interacting with vehicles
& street infrastructure



Walking
Pedestrian



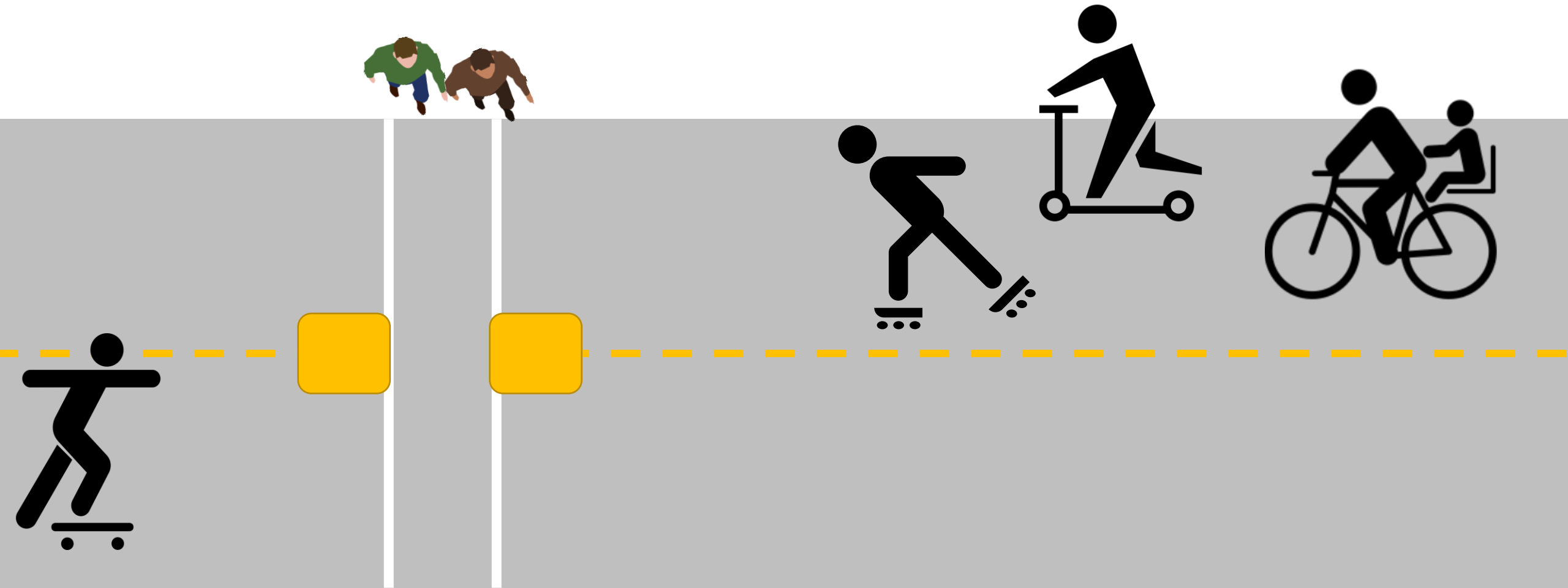
Walking/Rolling
Pedestrian



Rolling

Oregon laws for human- powered vehicles





ORS 811.025, 811.028

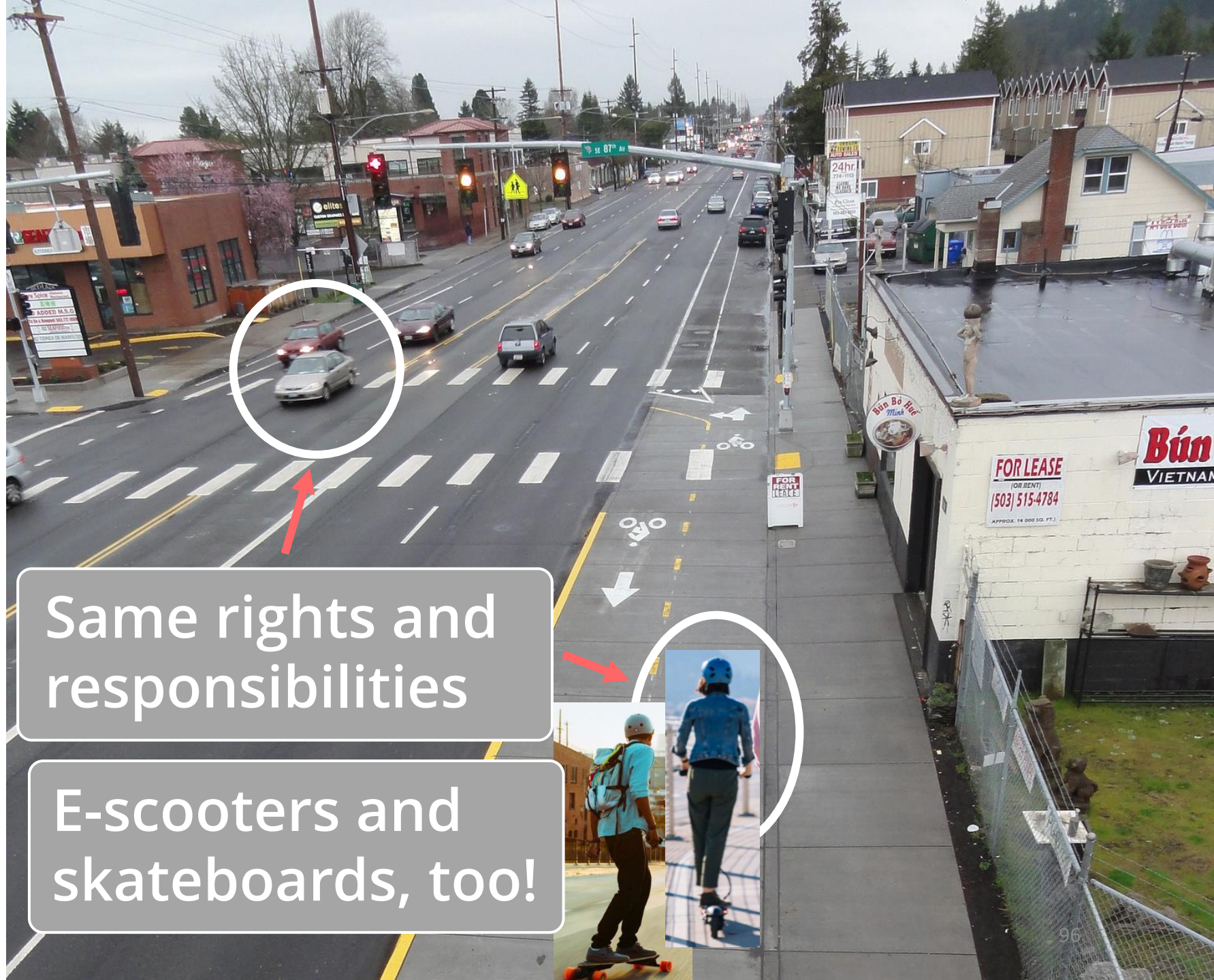
Bicycles are vehicles



Same rights and responsibilities

E-scooters and skateboards, too!

ORS 814.400
ORS 814.510
CO 20.12.205





It is legal to bike, skate,
roller skate, scoot, or
rollerblade on any
street or sidewalk in
Portland outside of the
downtown core.



Statewide, using an e-scooter on sidewalks and in crosswalks is prohibited.

Downtown Core



Willamette River



**Aware
Courteous
Legal**



 **ORS 814.410**



A front white light & *at least* a rear red reflector are required in dusk or dark conditions.

Skateboarders & other human-powered vehicles
are also required to have front & back lights



**Able to
be seen**

Be visible!



CO 16.70.410



People riding bikes
& e-scooters are
required to signal
when they can

Hand signals



STOP



LEFT



RIGHT or RIGHT



When might you not be able to signal?



**Courteous
Legal**



102



ORS 814.440

It's ELECTRIC!

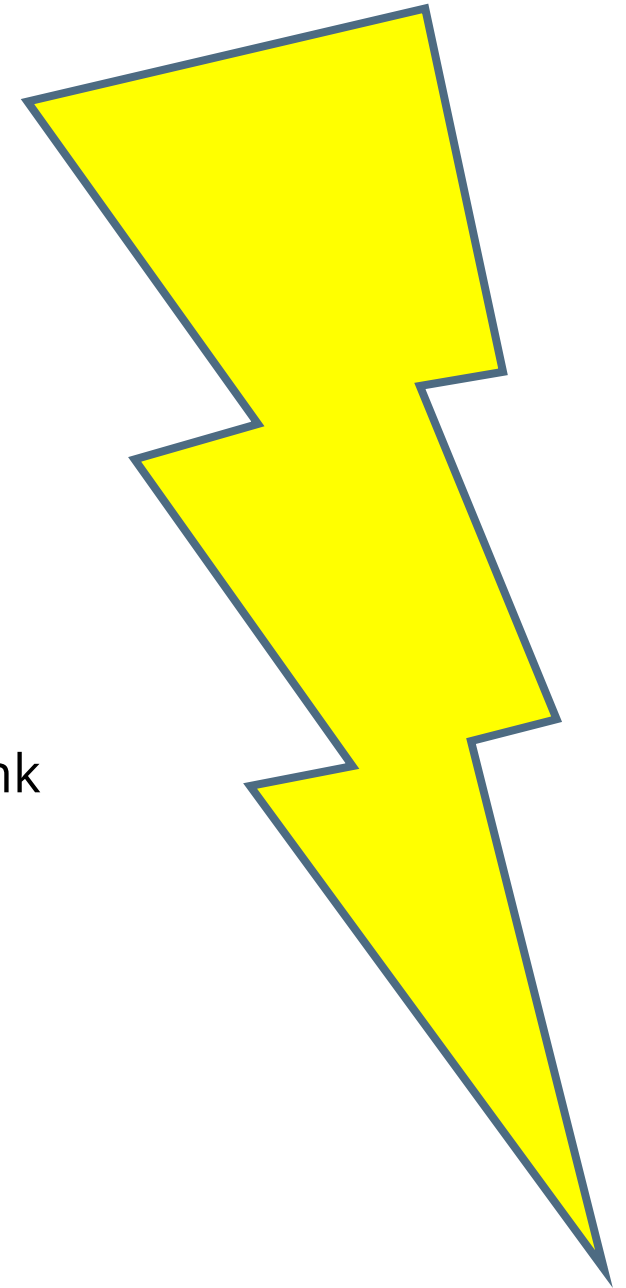


E-SCOOTERS

- NO sidewalk riding
- HELMETS ARE REQUIRED
- **MUST BE 16 OR OLDER (ORS 814.512)**
- MUST yield to pedestrians
- NO riding in Portland Parks
(This includes Parks-owned paths: Eastbank Esplanade, Springwater Corridor, & Waterfront River Trail)

E-BIKES

- **MUST BE 16 OR OLDER**
- Are considered bicycles, not motor vehicles
- May not ride on sidewalks or Parks-owned paths (different from other bicycles)





People under
16 are
required to
wear a helmet

Helmet benefits



1) Smooth outer layer:

- Helps prevent minor punctures from sharp objects
- Allows head to glide against pavement (reducing trauma to head/neck)

2) Dense polystyrene foam core:

- Compresses or breaks, spreads the force of a crash over a wider area
- Can usually dissipate energy to prevent a skull fracture or damage to a major blood vessel





Streets with
bike lanes

Streets with
moderate
traffic

Neighborhood
Greenways

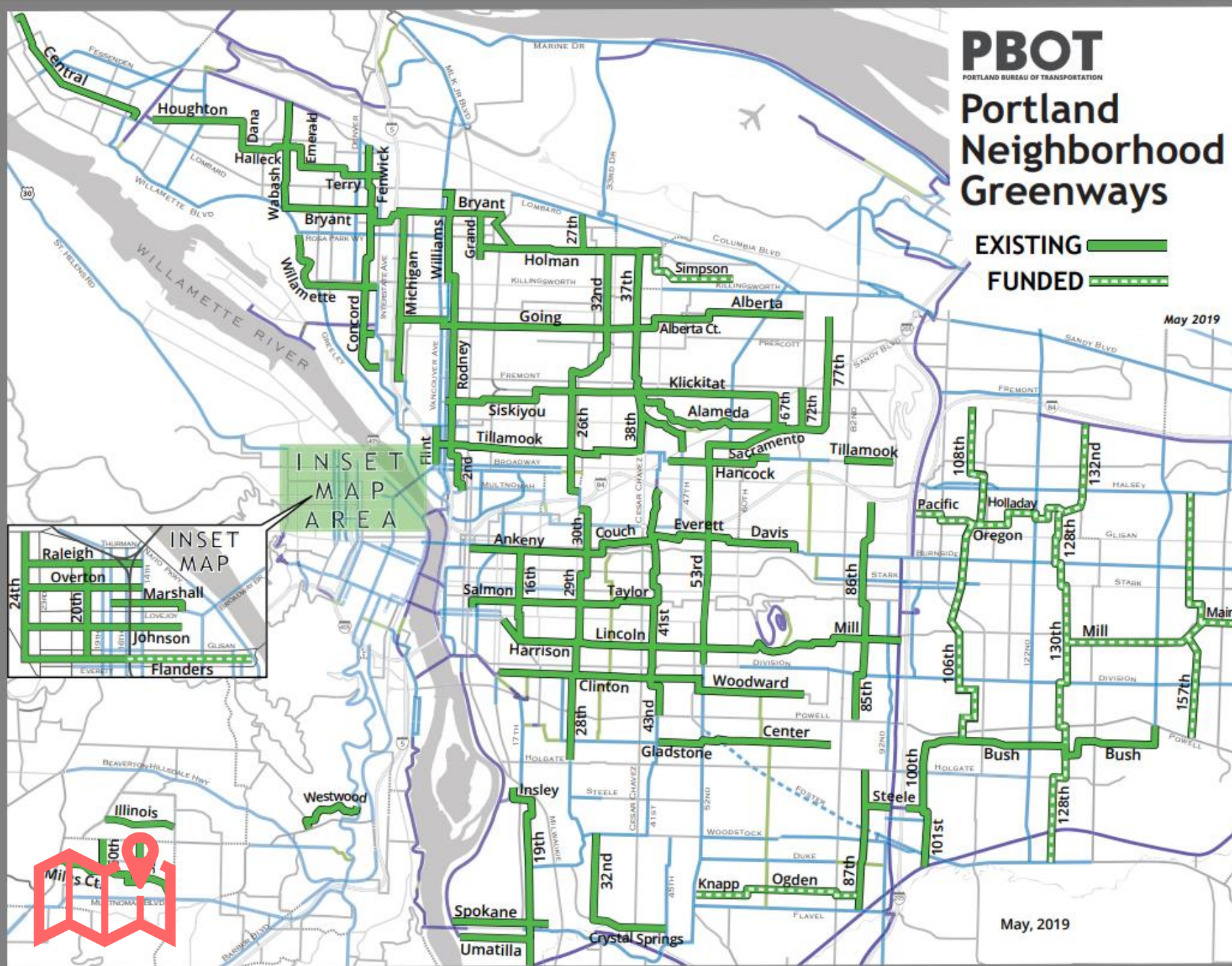
Streets with
less traffic

Neighborhood Greenways



- Provide safer connections
- Reduce auto speeds and cut-through
- Help people cross busy streets
- Help guide people throughout the city





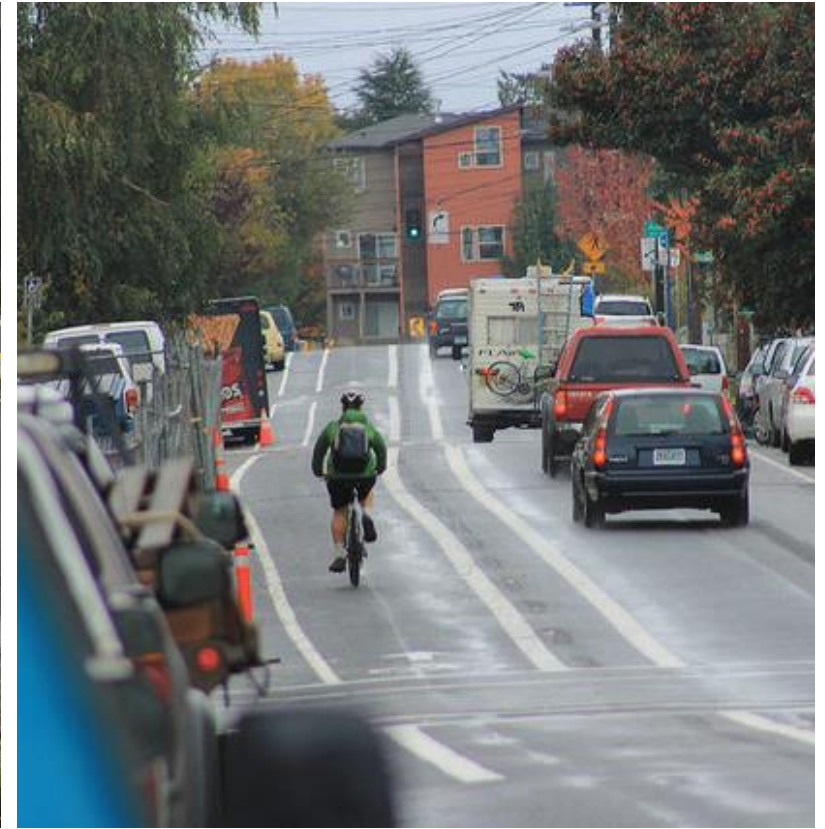
**Current map of
existing and
planned
Neighborhood
Greenways**



Bike Lane



Protected Bike Lane

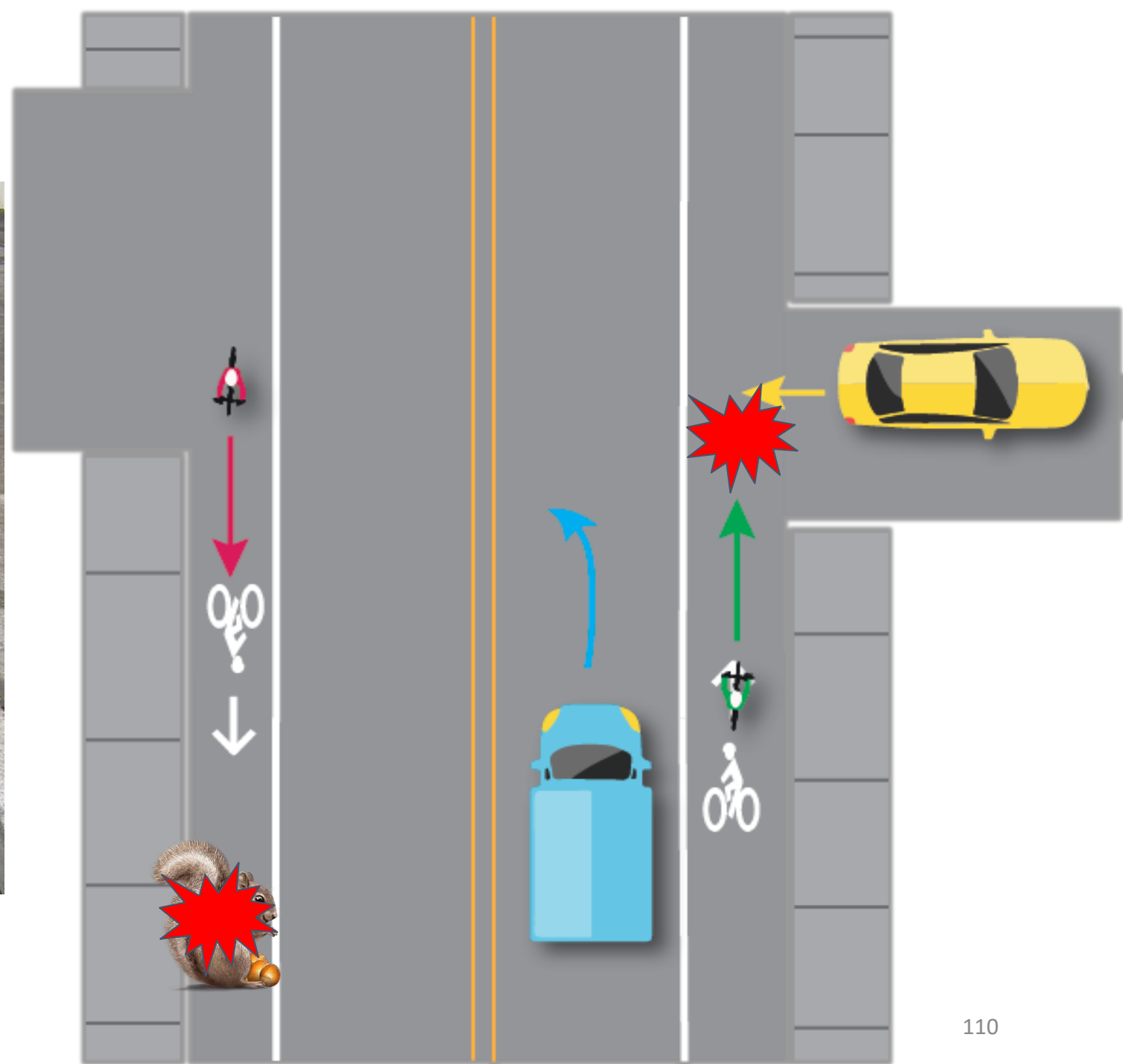


Buffered Bike Lane

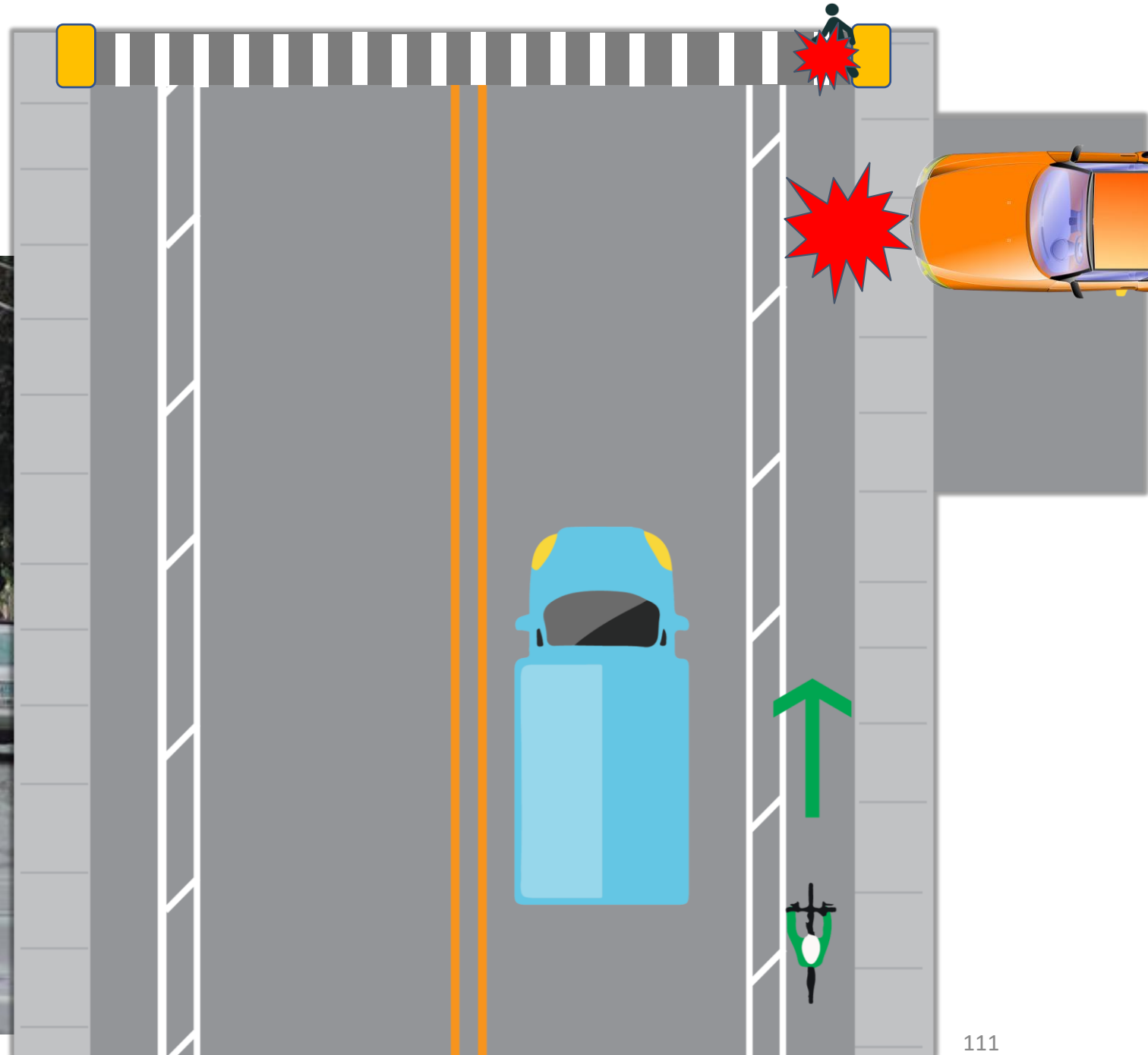


So many bike lanes!

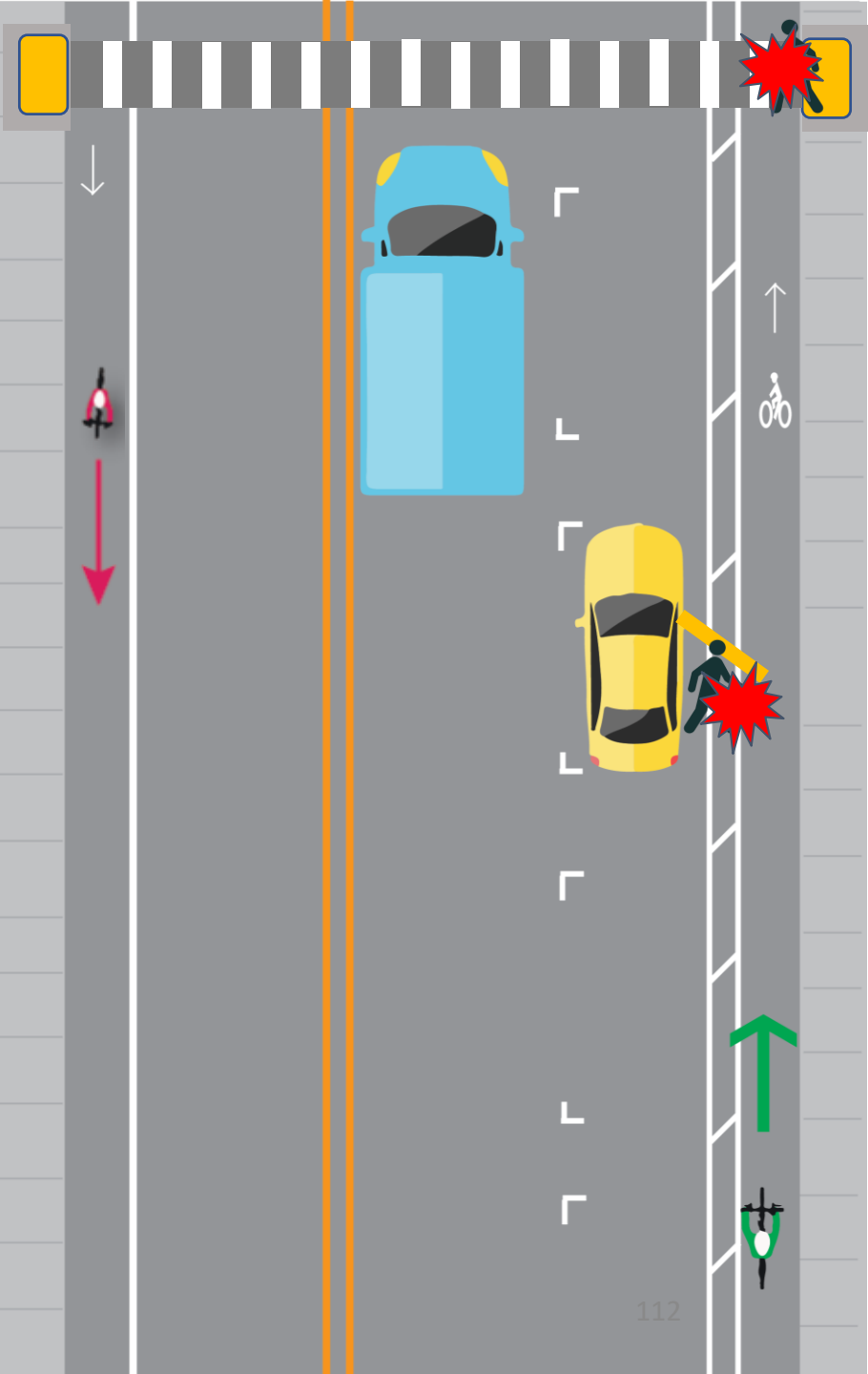
Bike Lane



Buffered Bike Lane



Protected Bike Lane





Signal activator



Bike boxes



Dashed bike lane



Cross-bikes



Separated cycle track



Shared-use paths



Shared-use paths



**Aware
Courteous**



Crash Prevention

1

BE
AWARE

3

BE AWARE OF YOUR
SURROUNDINGS



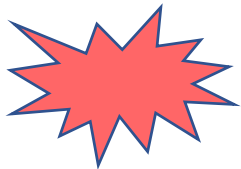
2

FOLLOW
LAWS

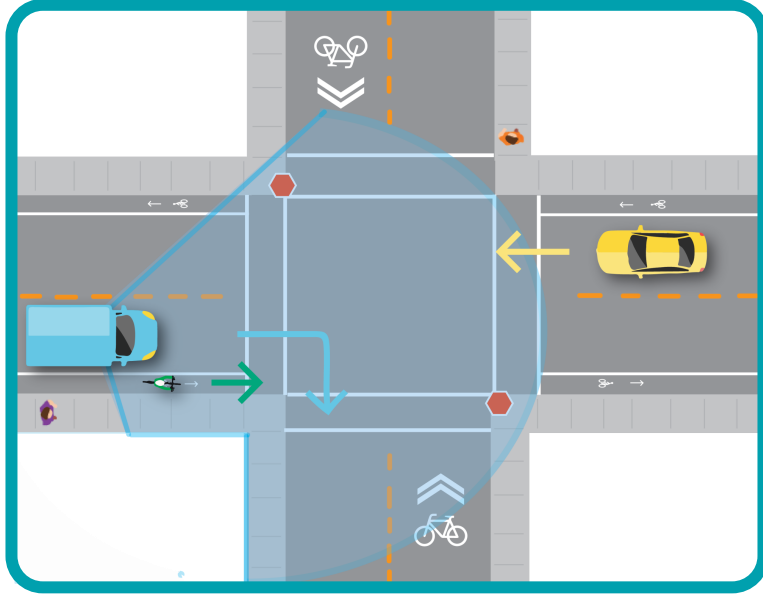


4

IF ALL ELSE FAILS...

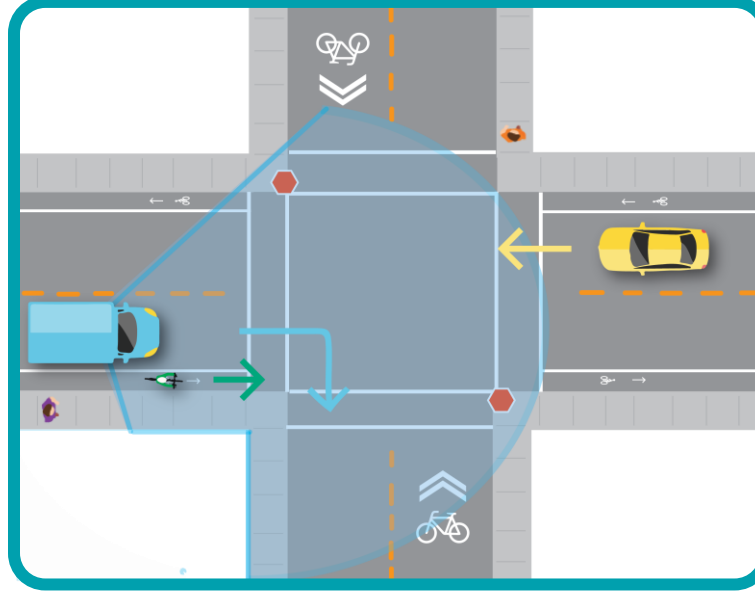


Common crashes on wheels in Portland



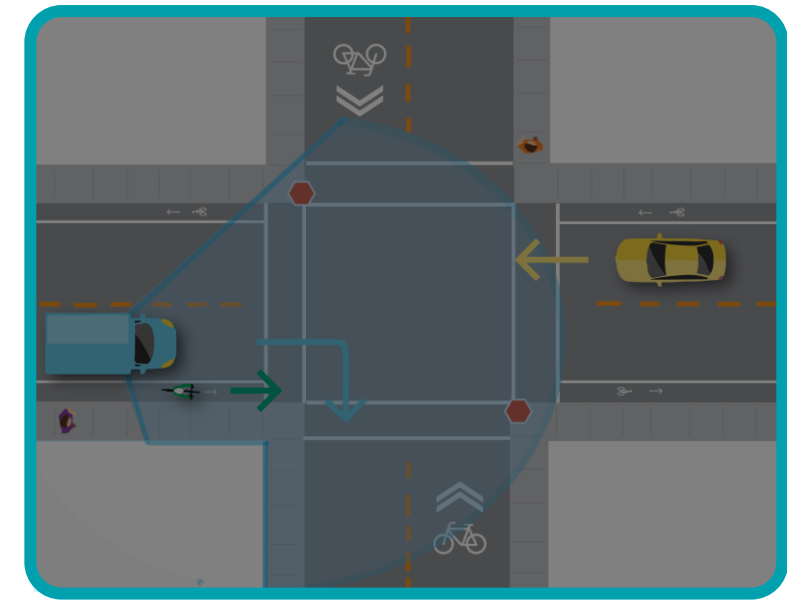
At intersections

75% of crashes occurred at intersections



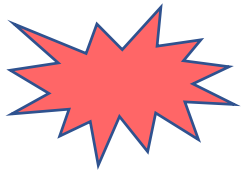
Intersections without signals

- 44% of crashes at intersections w/o signals
- *31% of crashes w/ signals*

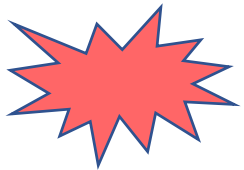
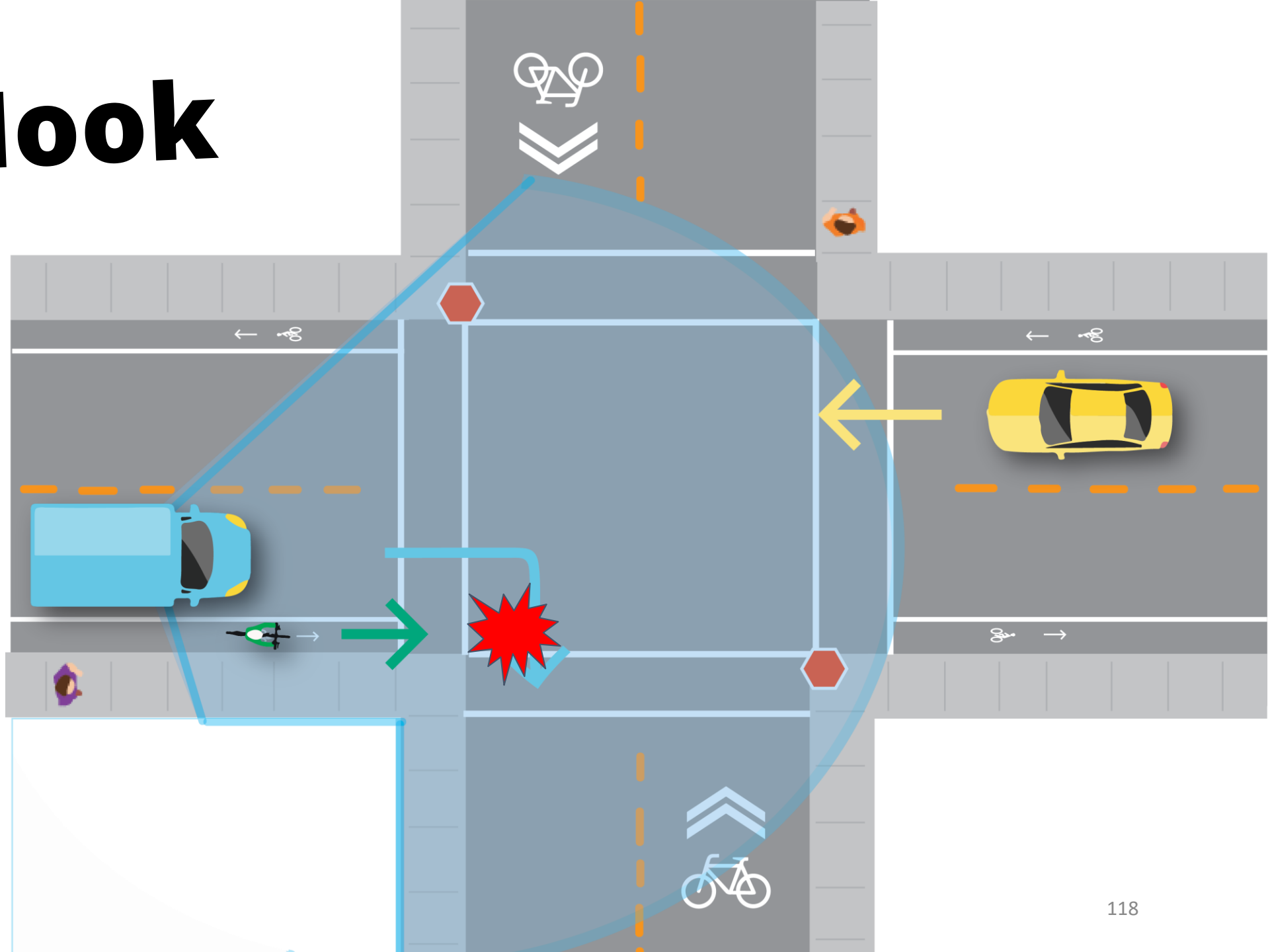


At night

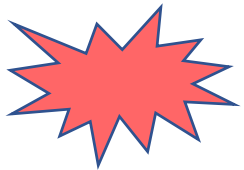
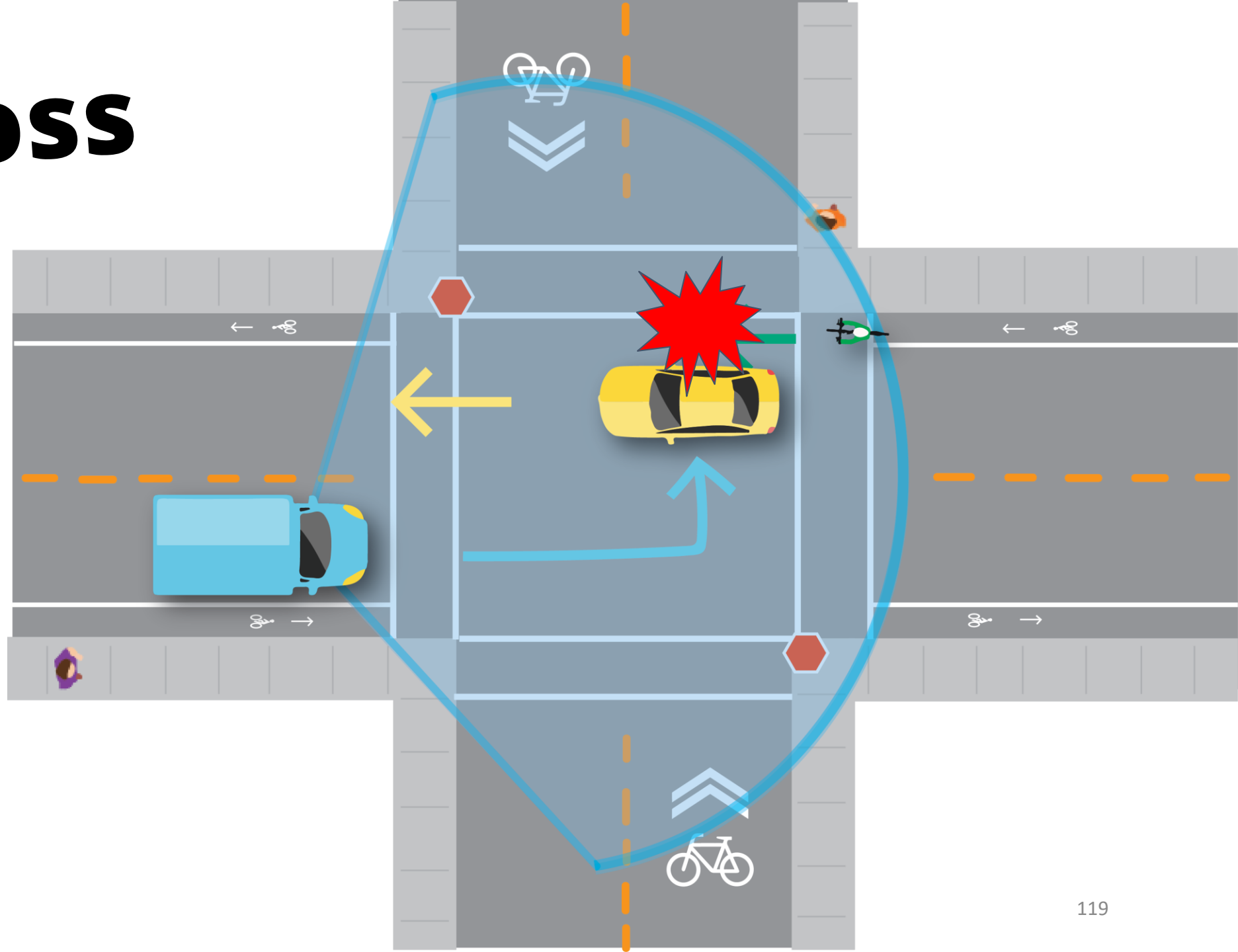
18% of crashes occur in dark conditions



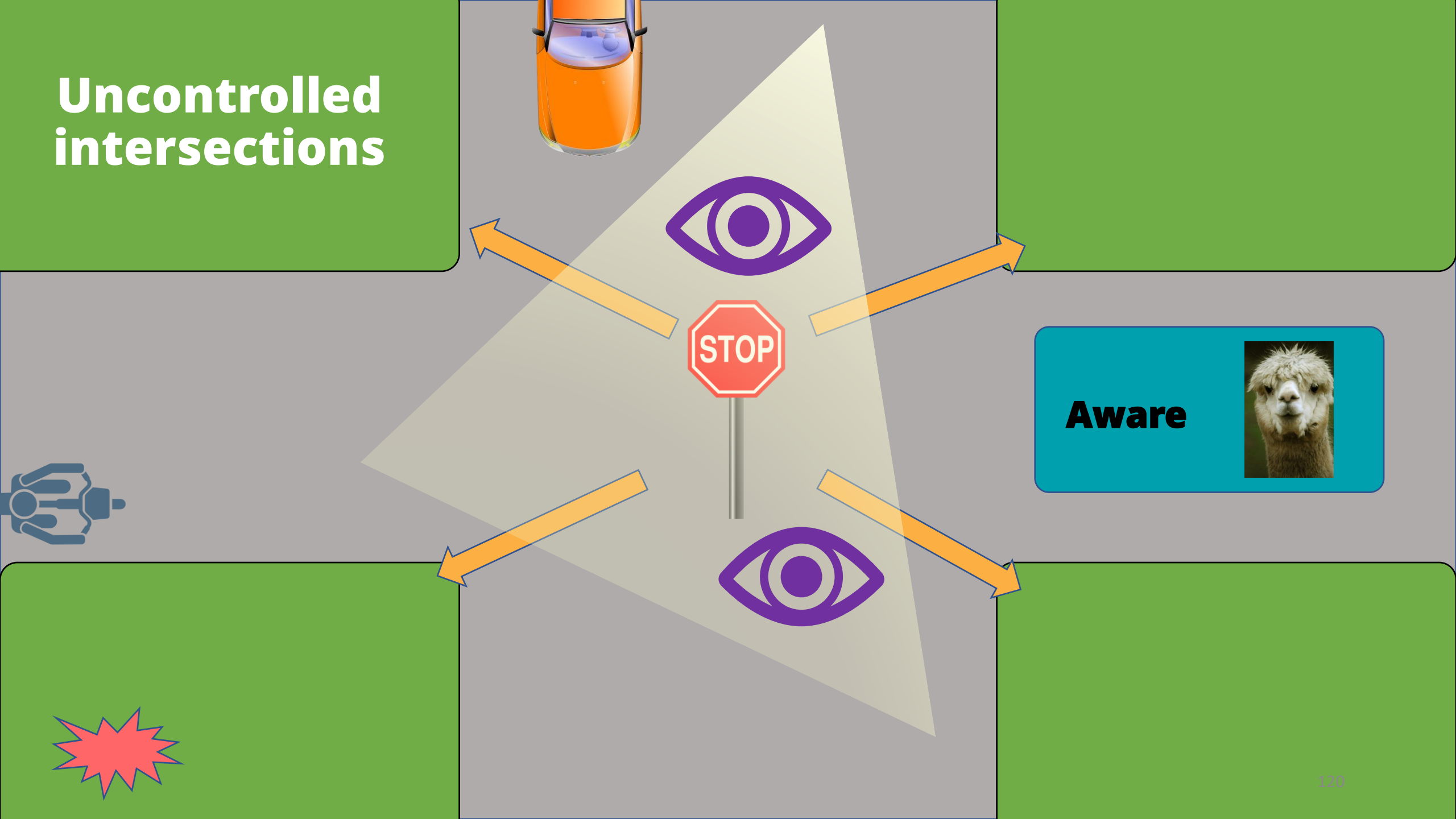
Right Hook



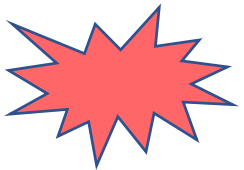
Left Cross



Uncontrolled intersections



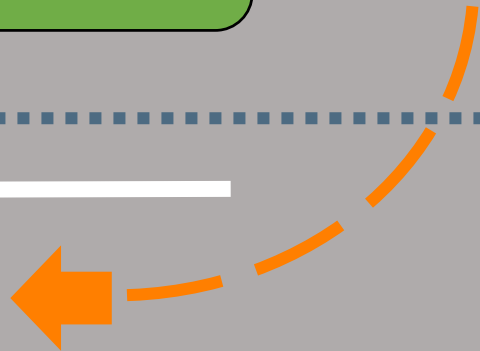
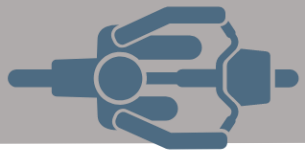
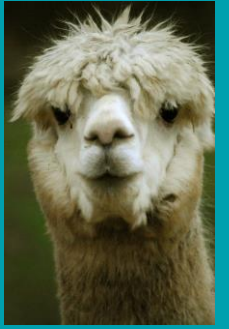
**Wrong
way
riding**



**Wrong
way
riding**



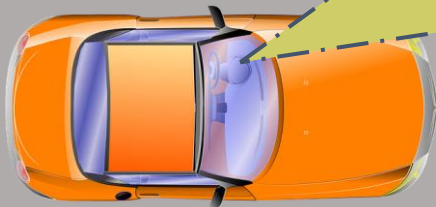
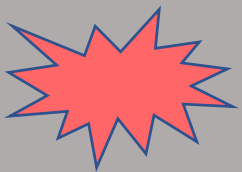
**Legal
Courteous
Able to be
seen**

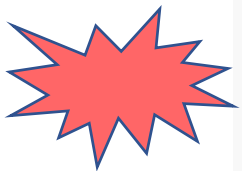


**Primary Field
of View**



**Primary Field
of View**





In a world where we have little control over what others do,
the **ALPACA** principles can help get you where you need to be
in a way that respects others and feels good to you.

AWARE

LEGAL

PREDICTABLE

ASSERTIVE

COURTEOUS

ABLE TO BE SEEN
(Visible!)



Reflection

- List one of the laws a person on a human-powered vehicle must obey and why.
- When you're on a bike, scooter or skateboard, what should you be looking for when approaching an intersection with a traffic signal?
- Why is wearing a helmet the last resort when it comes to traffic safety?



SAFE ROUTES to School



PBOT
PORTLAND BUREAU OF TRANSPORTATION

SafeRoutes

Hillsboro Safe Routes To School



commute
options

PORTLAND POLICE BUREAU
GIRLSTRENGTH
TRAINING IN SELF-DEFENSE OPTIONS

